DINNER TWIST
LOCAL, HEALTHY, DELIVERED

FOR the Little ONes

Steamed or Raw Carrot

Roasted Potatoes

Sliced Chicken, Sugo, Cheese & Broccoli
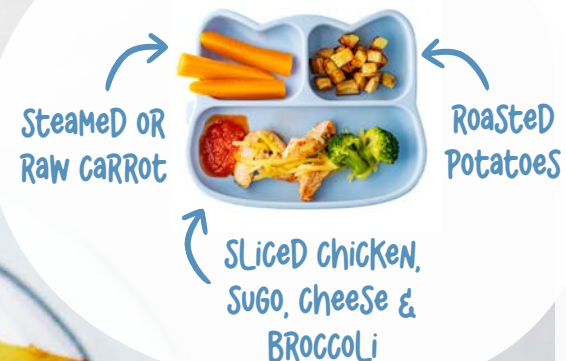
Chicken Parmigiana

Speedy baked chicken parmigiana topped with melty cheese, served with golden potato wedges and family-friendly veggies.

🕐 30 Minutes   🍴 4 Servings   🐤 Chicken

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FROM YOUR BOX

MEDIUM POTATOES	800g
CHICKEN SCHNITZELS	600g
TOMATO SUGO	1 jar
SHREDDED CHEDDAR CHEESE	1 packet
BROCCOLI	1
CARROTS	2

FROM YOUR PANTRY

oil for cooking, olive oil or butter, salt, pepper, dried oregano

COOKING TOOLS

oven tray, oven dish, frypan

You can make mashed potatoes instead of wedges if preferred! This dish is also great served with pasta!

Before you start cooking!
Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

1. Roast the Potatoes

Set oven to 220ºC.

Cut potatoes into wedges and toss on a lined oven tray with **oil, salt and pepper**. Roast on top rack of oven for 25 minutes or until golden and cooked through.

tip *The thinner you cut the wedges, the shorter the cooking time!*

2. Bake the Chicken

Place chicken in a lined oven dish. Sprinkle with **1 tsp oregano**, **salt and pepper**. Pour over tomato sugo and add an even layer of cheese. Bake for 20 minutes or until chicken is cooked through.

3. Cook the Vegetables

Bring a frypan with **2 cups water** to a simmer. Cut broccoli into florets and slice carrots. Add to simmering water and cook for 5-7 minutes until tender. Drain and toss with **1-2 tbsp olive oil** or **butter.**

tip *You can add the veggies to the oven tray with the potatoes if you prefer!*

4. Finish and Serve

Serve baked chicken parmigiana with golden wedges and a side of vegetables.