



for the
little ones



Mini Parmigiana
with Spaghetti



PARMESAN CHICKEN

Golden panko and parmesan crumbed chicken schnitzels served with broccoli and pasta tossed in a simple tomato sauce.



35 Minutes



4/6 Servings



chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	14g	60g/54g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
LONG PASTA	500g	500g
BROCCOLI	1	2
PANKO CRUMBS	60g	60 + 30g
GRATED PARMESAN CHEESE	1 bag	1 bag
CHICKEN SCHNITZELS	600g	600g + 300g
BROWN ONION	1	1
CARROT	1	2
TOMATO SUGO	1 jar	2 jars

FROM YOUR PANTRY

oil and butter for cooking, salt, pepper

COOKING TOOLS

large saucepan, large frypan

Add broccoli to the sauce if you prefer! You can toss pasta with pesto instead of the sugo.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option – pasta is replaced with GF pasta. And panko with GF bread crumbs.



1. COOK the Pasta

Bring a large saucepan of water to a boil. Add **spaghetti** and cook for 7 minutes (see next step).

tip Stir a few times to ensure the pasta doesn't stick together while cooking.



2. ADD the BROCCOLI

Cut **broccoli** into small florets. Add to pan with **pasta** and cook for 3-4 minutes or until **pasta** is al dente. Drain and rinse **pasta**. Set **broccoli** aside and reserve saucepan (step 5).

tip Toss broccoli with some butter or olive oil, salt and pepper if you like.



3. CRUMB the chicken

In the meantime, transfer **panko crumbs** to a bowl or plate and add **1/2 bag parmesan**. Press **chicken schnitzels** into **crumb** to coat.

tip Cut into nuggets before crumbing if preferred!



4. COOK the chicken

Heat a frypan with **3 tbsp oil/butter** over medium heat. Add **crumbed chicken** and cook (in batches) for 5-6 minutes on each side or until cooked through.



5. Make the Sauce

Dice **onion** and finely grate **carrot**. Add to reserved saucepan with **oil** and cook for 5 minutes. Stir in **sugo** and **1 cup water**. Cook covered for 5 minutes. Toss in **pasta**.

6P – add **1/2 cup water**.



6. FINISH AND SERVE

Season **pasta** to taste with **salt and pepper**. Slice **chicken**.

Serve **pasta** with **parmesan chicken** and **broccoli**. Garnish with **remaining parmesan** to taste.