

for the
little ones

BROCCOLI

CARROT

Mini Parmigiana
with Spaghetti

Parmesan Chicken

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



35 Minutes



4 Servings



Chicken

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FROM YOUR BOX

LONG PASTA	2 x 250g
BROCCOLI	1
PANKO CRUMBS	60g
GRATED PARMESAN CHEESE	1 bag
CHICKEN SCHNITZELS	600g
BROWN ONION	1
CARROT	1
TOMATO SUGO	1 jar
BASIL	1 packet

FROM YOUR PANTRY

oil/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!

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

No gluten option – pasta is replaced with GF pasta. Panko is replaced with 2 x 30g lupin crumbs.



1. COOK the Pasta

Bring a large saucepan of water to a boil. Add pasta to cook (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 the last 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 schnitzels into crumb to coat.

tip Cut into nuggets before crumbing if you think that works better for your family.



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.

tip Steam the carrot and toss pasta with just sugo or butter if kids prefer!



6. FINISH AND SERVE

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

Serve pasta with parmesan chicken and broccoli. Garnish with basil leaves and remaining parmesan.