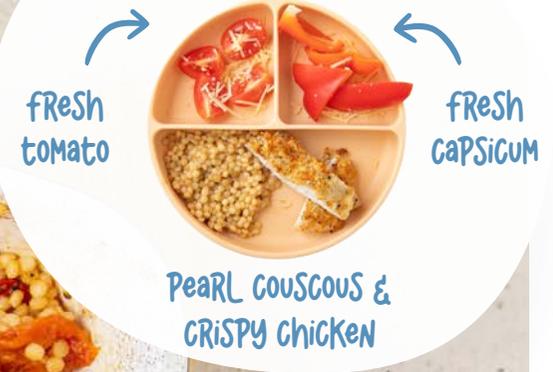




FOR the
Little ones



CRISPY PARMESAN CHICKEN

Oven baked parmesan oregano chicken schnitzels served with sweet tomato pearl couscous.

35 Minutes

Chicken

2 Servings

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve :	87g	38g	73g

FROM YOUR BOX

RED CAPSICUM	1
CHERRY TOMATOES	200g
PANKO CRUMBS	40g
GRATED PARMESAN CHEESE	1 bag
CHICKEN SCHNITZELS	600g
PEARL COUSCOUS	150g

FROM YOUR PANTRY

olive oil, balsamic vinegar, dried oregano, salt, pepper

COOKING TOOLS

oven dish, oven tray, saucepan

If pearl couscous isn't a favourite, serve the lemon parmesan chicken with rice, pasta or roasted veggies instead. You can blend the roasted vegetables for a smooth sauce.

No gluten option - pearl couscous is replaced with short GF pasta and panko crumbs are replaced with quinoa flakes.



1. ROAST THE TOMATOES

Set oven to 220°C. Slice **capsicum**. Place with **cherry tomatoes** in an oven dish. Drizzle with **2 tbsp olive oil** and **2 tbsp balsamic vinegar**, season with **salt**. Roast for 20 minutes or until soft and bursting.

tip For extra flavour, add garlic, red onion or dried oregano.



4. COOK THE PEARL COUSCOUS

Add **pearl couscous** to boiling water and cook for **8 minutes** or until tender. Reserve **1/4 cup cooking water** then drain and rinse well.

tip Stir occasionally in the bottom of the pan to ensure it doesn't stick.



2. PREPARE THE CRUMB

Meanwhile, bring a saucepan of water to the boil (for step 4).

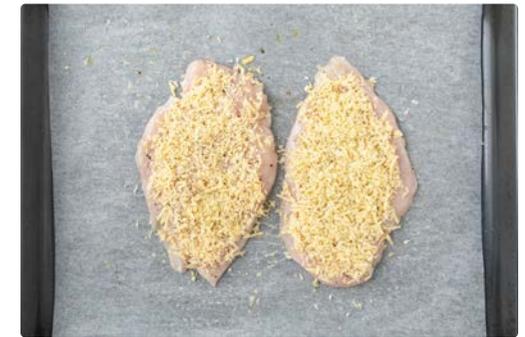
Mix **panko crumbs** with **1 tsp oregano**, **1/2 bag parmesan** and **2 tbsp olive oil**.



5. TOSS THE COUSCOUS (OPTIONAL)

Toss the **couscous** into dish with **tomatoes**. Add **remaining parmesan cheese** and **1/4 cup cooking water**. Stir gently to combine. Season to taste with **salt and pepper**.

tip Serve couscous plain with butter if kids prefer. Tomatoes can be mashed and served on the side.



3. CRUMB AND ROAST THE CHICKEN

Toss **chicken schnitzels** with **oil, salt and pepper**. Place on a lined tray and press even amount of **crumb mixture** on top. Bake for 15 minutes or until cooked through.



6. FINISH AND SERVE

Serve **crispy parmesan chicken** with **tomato** tossed **couscous** at the table.