



CRISPY PARMESAN CHICKEN

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

35 Minutes

Chicken

4/6 Servings

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve :	49g	20g	69g

FROM YOUR BOX

	4 PERSON	6 PERSON
RED ONION	1	1
RED CAPSICUM	1	1
CHERRY TOMATOES	2 x 200g	3 x 200g
PANKO CRUMBS	40g	2 x 40g
GRATED PARMESAN	1 bag	1 bag
CHICKEN SCHNITZELS	600g	600g + 300g
PEARL COUSCOUS	300g	300g + 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. Wedge **red onion** and 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.

6P - use 3 tbsp each oil and vinegar.



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**.

6P - Mix panko crumbs with 2 tsp oregano, 1/2 bag parmesan and 4 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.