



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Potatoes

One medium potato  
contains 45% of your daily  
intake of vitamin C!



## 1 Chicken Parmigiana with Wedges

Speedy family favourite Chicken parmigiana finished in the oven and served with roasted baby potatoes and a simple salad.

 25 minutes

 4 servings

 Chicken

29 June 2020

## FROM YOUR BOX

BABY POTATOES	800g
CHICKEN SCHNITZELS	600g
TOMATO SUGO	1 jar (350g)
GRATED CHEESE	1/2 packet *
SPRING ONIONS	1/4 bunch *
ORANGE	1
BABY BEET & LEAVES	1 bag (180g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper

## KEY UTENSILS

oven tray, large frypan, oven dish

## NOTES

The thinner you cut the potatoes the shorter the cooking time. If short on time, boil potatoes and make a simple mash. Add a dried herb such as rosemary, thyme or oregano to potatoes for extra flavour!

Pour the tomato sugo straight into your frypan instead, if it is oven-proof.



### 1. ROAST THE POTATOES

Set oven to 220°C.

Wedge potatoes and toss with **oil and salt** on a lined oven tray. Roast for 20 minutes or until golden and tender (see notes).



### 2. COOK THE CHICKEN

Heat a large frypan with **oil** over high heat. Halve and add chicken schnitzels, cook for 3 minutes on each side. Season with **salt and pepper**.



### 3. FINISH THE CHICKEN

Pour tomato sugo into an oven dish (see notes). Add chicken and top with cheese. Slice and scatter spring onions on top. Place in the oven for 5-7 minutes for the cheese to melt and chicken to cook through.



### 4. TOSS THE SALAD

Peel and chop orange. Toss with leaves in a serving bowl and drizzle with **olive oil**.



### 5. FINISH AND SERVE

Serve chicken parmesan with golden wedges and salad.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

