



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Oregano

The name of this fragrant herb means "Joy of The Mountain" in Ancient Greek.



2 Chicken Parmi with Potato Wedges

A healthier, homemade take on the popular pub classic. Panko-crumbed chicken schnitzels topped with sugo & cheese, served alongside baked potato wedges and a fresh side salad.

 35 minutes

 2 servings

 Chicken

2 July 2021

Cooking alternatives

1. Skip crumbing & frying the chicken. Add it straight to oven tray, top with sugo and cheese. Increase baking time to 20-30 minutes or until cooked through.
2. Crumb + fry the chicken, then add sugo & cheese straight onto it in the pan, cover, and warm for 4-5 minutes to melt cheese.

FROM YOUR BOX

BABY POTATOES	400g
CHICKEN SCHNITZELS	300g
PANKO CRUMBS	1 packet (40g)
FRESH OREGANO	1 packet
TOMATO SUGO	1/2 jar *
GRATED CHEESE	1/2 packet *
TOMATO	1
LEBANESE CUCUMBER	1
MESCLUN LEAVES	1/2 bag (60g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, dried oregano (see notes), balsamic vinegar

KEY UTENSILS

frypan, 2 oven trays

NOTES

You can replace dried oregano with thyme, sage, mixed Italian, or other green herbs.

Serve with dipping sauces of choice for the potatoes if desired!

No gluten option – panko crumbs are replaced with quinoa flakes.



1. ROAST THE POTATOES

Set oven to 220°C.

Dice potatoes. Toss on a lined oven tray with **oil, salt, pepper and 1/2 tsp dried oregano**.



2. FRY THE CHICKEN

Heat a frypan to medium-high heat **with oil**. Coat chicken with **1/2 tsp dried oregano, oil, salt and pepper**. Roll in panko crumbs and place into pan. Cook for 4-5 minutes each side until golden. Remove to a lined oven tray (or the same tray as potatoes if preferred).



3. BAKE THE CHICKEN

Chop fresh oregano.

Spoon 2-3 tbsp tomato sugo over each schnitzel, then fresh oregano (reserve some for garnish) and finish with cheese. Bake in the oven for 5-10 minutes until cheese is melted and golden.



4. MAKE THE SALAD

In a large bowl, whisk together **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**. Chop tomato and slice cucumber. Toss together in bowl with mesclun leaves.



5. FINISH AND PLATE

Serve parmis onto plates with potatoes and salad. Sprinkle with reserved oregano (see notes).

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