



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: Oregano

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



## 2 Chicken Parmigiana 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

 4 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	800g
CHICKEN SCHNITZELS	600g
PANKO CRUMBS	1 packet (80g)
FRESH OREGANO	1 packet
TOMATO SUGO	1 jar (375g)
GRATED CHEESE	1/2 packet *
CHERRY TOMATOES	1 bag (200g)
LEBANESE CUCUMBER	1
MESCLUN LEAVES	1/2 bag (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

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

## KEY UTENSILS

large 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 tsp dried oregano**.



### 2. FRY THE CHICKEN

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



### 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 **2 tbsp olive oil, 1 tbsp vinegar, salt and pepper**. Halve cherry tomatoes 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).

**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**

