



### Product Spotlight: Broccoli

Forgot about the broccoli at the back of your fridge? Cut it into pieces with the stem attached and soak in a bowl of ice cold water in the fridge for 30 minutes. Drain and dry before using.



## Roast Chicken Cutlets

### with Lemon Pasta

Pre-seasoned parmesan chicken cutlets, roasted and served with a bright lemon zest and cream cheese pasta, and fresh parsley.

 30 minutes

 2 servings

 Chicken

## Switch it up!

*For fussy eaters cut broccoli into florets and steam. Serve as a side dish instead of adding to the pasta.*

Per serve: **PROTEIN** 62g **TOTAL FAT** 36g **CARBOHYDRATES** 60g

## FROM YOUR BOX

PARMESAN CHICKEN CUTLETS	1 packet
LEMON	1
LONG PASTA	1 packet
BROWN ONION	1
GARLIC CLOVE	1
BROCCOLI	1
CREAM CHEESE	1 packet
PARSLEY	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

## KEY UTENSILS

large saucepan, oven dish

## NOTES

Slash chicken in 3–4 places before roasting to get more flavour in the meat and reduce roasting time. To check if the chicken is cooked poke the end of a knife into the thickest part of the meat; if the juices come out mostly clear, the chicken is ready.

**No gluten option - pasta is replaced with GF pasta.** Cook according to packet instructions or until al dente.



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### 1. ROAST THE CHICKEN

Set oven to 220°C and bring a large saucepan of water to a boil.

Place **chicken cutlets** in a lined oven dish. Drizzle with **oil** and roast for 25–30 minutes (see notes) until chicken is golden and cooked through.



### 2. COOK THE PASTA

Add **1/2 packet pasta** to boiling water and cook according to packet instructions or until al dente. Reserve **1 cup cooking water** and drain pasta. Reserve saucepan for step 4.



### 3. PREPARE THE INGREDIENTS

Slice **onion**, crush **garlic**, zest **lemon** and chop **broccoli** into florets (finely chop tender stems if desired).



### 4. MAKE THE SAUCE

Reheat saucepan over medium–high heat with **oil**. Add **onion, garlic, 2 tsp oregano** and sauté for 3 minutes. Add **broccoli, lemon zest** and **cream cheese**. Cook, stirring, for 3 minutes until broccoli is tender and cream cheese is combined.



### 5. TOSS THE PASTA

Add pasta, **juice from 1/2 lemon** (wedge remaining) and **3/4 cup cooking water** to the sauce. Toss to combine. Add **1/4 cup extra cooking water** to loosen sauce as needed. Remove from heat and season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Finely chop **parsley** (including tender stem).

Divide **pasta** among shallow bowls. Add **chicken chops**, garnish with **parsley** and serve with **lemon wedges**.

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