



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



4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	77g	46g	108g

FROM YOUR BOX

	4 PERSON	6 PERSON
PARMESAN CHICKEN CUTLETS	2 packets	3 packets
LEMON	1	2
LONG PASTA	1 packet	2 packets
BROWN ONION	1	1
GARLIC CLOVES	2	3
BROCCOLI	1	2
CREAM CHEESE	1 packet	2 packets
PARSLEY	1 packet	2 packets

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

6P – use 1 1/2 packets pasta and reserve 2 cups water.



3. PREPARE THE INGREDIENTS

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

6P – zest 1 1/2 lemon.



4. MAKE THE SAUCE

Reheat saucepan over medium-high heat with **oil**. Add **onion**, **garlic**, **3 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.

6P – use 1 tbsp oregano.



5. TOSS THE PASTA

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

6P – use juice from 1 lemon and up to 2 cups pasta water.



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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