



## 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.**



### 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.**

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