



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Broccoli

Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!



M2 Baked Chicken Parmigiana with Potato Wedges

A speedy baked chicken parmigiana with Napoli sauce and melty cheese served with golden potato wedges and family-friendly veggies.

 30 minutes

 2 servings

 Chicken

August - September 2022

Switch it up!

You can make mashed potatoes instead of wedges if preferred! Or, dice and boil them with the carrot and broccoli in the same pan.

FROM YOUR BOX

MEDIUM POTATOES	3
CHICKEN SCHNITZELS	300g
TOMATO SUGO	1 jar
GRATED CHEESE	1 packet
BROCCOLI	1 bunch
CARROT	1

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried oregano

KEY UTENSILS

oven tray, oven dish, frypan

NOTES

Use the tomato sugo and cheese to taste. Save any leftovers for a quick pasta dish!



1. ROAST THE WEDGES

Set oven to 220°C. Fill a frypan with water and bring to a simmer (step 3).

Cut potatoes into wedges and toss on a lined oven tray with **oil, salt and pepper**. Roast on top rack of oven for 20-25 minutes until golden and cooked through.



2. BAKE THE CHICKEN

Place schnitzels in a lined oven dish (see notes). Sprinkle with **1/2 tsp oregano, salt and pepper**. Pour over tomato sugo and an even layer of cheese. Bake for 15 minutes until chicken is cooked through.



3. COOK THE VEGETABLES

Cut broccoli into florets and slice carrot. Add to simmering water in frypan for 8-10 minutes until tender. Drain and toss with **1 tbsp butter**.



4. FINISH AND SERVE

Serve chicken with wedges and a side of vegetables.

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

