

Product Spotlight: Broccoli

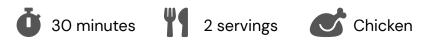
Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!

🐵 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.

Monten.



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.

August - September 2022

FROM YOUR BOX

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



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.**

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!



4. FINISH AND SERVE

Serve chicken with wedges and a side of vegetables.

