



Product Spotlight: Mozzarella

Because it's stored in brine or whey, fresh mozzarella stays moist and tender. This liquid also helps preserve its delicate flavour.



Arrabbiata Chicken Parmi

Crispy panko-crumbed chicken parmigiana meets fiery arrabbiata pasta, with rigatoni tossed in spicy tomato sauce and topped with golden chicken breast, creamy mozzarella, basil and rocket.



40 minutes



4/6 servings



Chicken

Switch it up!

Turn it into a quick oven bake: assemble everything in an oven dish, top with mozzarella and grill until golden and bubbly.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6	53g	21g	78g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
GARLIC CLOVE	2	3
RED CHILLI	1	2
CHICKEN BREAST	600g	600g + 300g
PANKO CRUMBS	100g	100g + 50g
RIGATONI PASTA	1 packet	2 packets
TOMATO PASTE	1 sachet	2 sachets
TOMATO PASSATA	1 jar	1 jar
FRESH MOZZARELLA	1	2
ROCKET LEAVES	60g	2x 60g
BASIL	60g	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 frypans, saucepan

NOTES

Stir in a handful of pitted olives or capers to the sauce for added briny depth.

If desired, dress rocket leaves with olive oil and vinegar or lemon juice.

No gluten option - pasta is replaced is replaced with GF pasta, panko crumbs are replaced with almond meal.



1. PREPARE THE INGREDIENTS

Slice **onion** and **chilli**, crush **garlic clove**. Roughly chop **basil leaves**.

Transfer **panko crumbs** to a bowl or plate. Halve **chicken** and coat with **oil** and season with **salt and pepper**. Press into crumb to coat.



4. MAKE THE SAUCE

Heat a large frypan over medium-high heat with **oil**. Add **onion** and **garlic**. Sauté for 3 minutes until onion has softened. Add **chilli**, **tomato paste** and **passata**. Simmer for 5 minutes until thickened.



2. COOK THE PASTA

Bring a saucepan of water to a boil. Add **pasta** and cook according to packet instructions or until al dente. Reserve **2 cups cooking liquid** and drain pasta.

6P - add 1 1/2 packets pasta. Reserve 3 cups cooking liquid.



5. TOSS THE PASTA

Add **cooked pasta** to **sauce** along with **1 cup cooking liquid**. Toss until pasta is coated in sauce. Add extra cooking liquid if necessary to loosen the sauce. Remove from heat and season to taste with **salt and pepper** (see notes).

6P - add 1 1/2 cups cooking liquid.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil** to cover base of pan. Add **crumbed chicken** and cook for 6-8 minutes on each side or until golden and cooked through. Remove to a plate and keep pan over heat.



6. FINISH AND SERVE

Divide **pasta** among shallow bowls along with **rocket leaves** (see notes). Add **chicken**, spoon over **reserved sauce** and top with **mozzarella**. Garnish with **basil**.

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