

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Potatoes


One medium potato contains 45%
of your daily intake of vitamin C!



1 Chicken Parmigiana with Wedges

Speedy family favourite chicken parmigiana finished in the oven and served with roasted baby potatoes and a simple salad.

 25 minutes

 2 servings



 Chicken

6 August 2021

Speed it up!

For a quicker option serve the parmigiana with potato mash instead! You can skip the oven altogether by cooking the parmigiana in the frypan, covered, to melt the cheese.

FROM YOUR BOX

POTATOES	400g
CHICKEN TENDERLOINS 	300g
TOMATO SUGO	1 jar (350g)
GRATED CHEESE	1/2 packet *
SPRING ONIONS	1/3 bunch *
ORANGE	1
SNOW PEAS	1/2 packet (75g) *
MESCLUN LEAVES	1 bag (60g)
 JIM JAM BEANS	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper


KEY UTENSILS

oven tray, large frypan, oven dish

NOTES

The thinner you cut the potatoes the shorter the cooking time. If short on time, boil potatoes and make a simple mash. Add a dried herb such as rosemary, thyme or oregano to the potatoes for extra flavour!

Pour the tomato sugo straight into your frypan instead, if it is oven-proof.


 **VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.**



1. ROAST THE POTATOES

Set oven to 220°C.

Wedge potatoes and toss with **oil and salt** on a lined oven tray. Roast for 20 minutes or until golden and tender (see notes).

 **VEG OPTION - Halve potatoes and roast, cut-side down for 20 minutes on 220°C, or until tender.**



4. TOSS THE SALAD

Peel and chop orange, trim and halve snow peas. Toss with leaves in a serving bowl and drizzle with **olive oil**.



2. COOK THE CHICKEN


Heat a frypan with **oil** over high heat. Add chicken, cook for 3-4 minutes on each side. Season with **salt and pepper**.

 **VEG OPTION - Skip this step.**



5. FINISH AND SERVE


Serve chicken parmigiana with golden wedges and salad.

 **VEG OPTION - Serve jacket potatoes alongside salad.**



3. FINISH THE CHICKEN

Pour tomato sugo into an oven dish (see notes). Add chicken and top with cheese. Slice and scatter spring onions on top. Place in the oven (top shelf) for 5-7 minutes for the cheese to melt and chicken to cook through.

 **VEG OPTION - Once potatoes are tender, use a fork to press down the middle to form a boat. Fill with beans and top with cheese and spring onions. Place in the oven (top shelf) for 5 minutes for the cheese to melt.**

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

