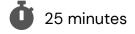






# Chicken Parmigiana with Wedges

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







# 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              | 800g               |
|-----------------------|--------------------|
| CHICKEN TENDERLOINS 4 | 600g               |
| TOMATO SUGO           | 1 jar (350g)       |
| GRATED CHEESE         | 1/2 packet *       |
| SPRING ONIONS         | 1/4 bunch *        |
| ORANGE                | 1                  |
| SNOW PEAS             | 1/2 packet (75g) * |
| BABY BEET & LEAVES    | 1 bag (180g)       |
| JIM JAM BEANS         | 1 jar              |
| BROCCOLINI            | 1 bunch            |
|                       |                    |

<sup>\*</sup>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.

VEG OPTION - Trim broccolini and cook, covered, for 2-3 minutes in a frypan with 2-3 tbsp water. Once cooled, toss with salad as above.



### 2. COOK THE CHICKEN

Heat a large 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.

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