

FOR the  
Little ONESMini PARMIGIANA  
with SPAGHETTI

# PARMESAN CHICKEN

Golden panko and parmesan crumbed chicken schnitzels served with broccoli and spaghetti tossed in a simple tomato sauce.



35 Minutes



4 Servings



Chicken

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## FROM YOUR BOX

LONG PASTA	500g
BROCCOLI	1
PANKO CRUMBS	60g
GRATED PARMESAN CHEESE	1 bag
CHICKEN SCHNITZELS	600g
BROWN ONION	1
CARROT	1
TOMATO SUGO	1 jar
BASIL	1 packet

## FROM YOUR PANTRY

oil and butter for cooking, salt, pepper

## COOKING TOOLS

large saucepan, large frypan

Add broccoli to the sauce if you prefer! You can toss pasta with pesto instead of the sugo.

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

**No gluten option** – pasta is replaced with GF pasta. Panko is replaced with lupin crumbs.



### 1. COOK THE PASTA

Bring a large saucepan of water to a boil. Add spaghetti and cook for 7 minutes (see next step).

**tip** Stir a few times to ensure the pasta doesn't stick together while cooking.



### 2. ADD THE BROCCOLI

Cut broccoli into small florets. Add to pan with pasta and cook for 3-4 minutes or until pasta is al dente. Drain and rinse pasta. Set broccoli aside and reserve saucepan (step 5).

**tip** Toss broccoli with some butter or olive oil, salt and pepper if you like.



### 3. CRUMB THE CHICKEN

In the meantime, transfer panko crumbs to a bowl or plate and add 1/2 bag parmesan. Press schnitzels into crumb to coat.

**tip** Cut into nuggets before crumbing if you think that works better for your family.



### 4. COOK THE CHICKEN

Heat a frypan with **3 tbsp oil/butter** over medium heat. Add crumbed chicken and cook (in batches) for 5-6 minutes on each side or until cooked through.



### 5. MAKE THE SAUCE

Dice onion and finely grate carrot. Add to reserved saucepan with **oil** and cook for 5 minutes. Stir in sugo and **1 cup water**. Cook covered for 5 minutes. Toss in pasta.

**tip** Steam the carrot and toss pasta with just sugo or butter if kids prefer!



### 6. FINISH AND SERVE

Season pasta to taste with **salt and pepper**. Slice basil and chicken.

Serve pasta with parmesan chicken and broccoli. Garnish with basil leaves and remaining parmesan.