

PARMESAN CHICKEN 35 MINUTES (1) 4 SERVINGS (1) CHICKEN

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

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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).

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).

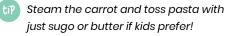


Toss broccoli with some butter or olive oil, salt and pepper if you like.



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.





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.

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



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.



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.