

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

How did the cooking go? Go to the **My Recipes** tab in your **Profile** and leave a review or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

## 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.