



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken Parma tRay



40 Minutes



Chicken



4/6 Servings

Golden crumbed chicken topped with rich tomato sugo and melty mozzarella. Served with sweet potato and a crunchy cabbage slaw.

Per serve 4/6 Person:	PROTEIN 42g/44g	TOTAL FAT 23g	CARBOHYDRATES 44g/46g
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FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
PANKO CRUMBS	80g	80g + 40g
CHICKEN SCHNITZELS	600g	600g + 300g
TOMATO SUGO	1 jar	1 jar
MOZZARELLA BALL	1 tub	2 tubs
GREEN CABBAGE	1/4	2 x 1/4
CARROTS	1	2

FROM YOUR PANTRY

oil for cooking, salt, pepper, flour (plain or other), white wine vinegar, sugar, oregano

COOKING TOOLS

large frypan, oven tray x 2

Serve chicken and salad in rolls for easy burgers.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option - panko crumbs are replaced with GF breadcrumbs.



1. Roast the Sweet Potato

Set oven to 220°C.

Cut **sweet potatoes** into 1/2 cm thick rounds. Toss with **oil, salt and pepper**. Spread over a lined tray and roast for 25–30 minutes, turning once, until golden and tender.

tip Make wedges or chips instead.



4. Bake the chicken

Spoon a little **tomato sugo** onto the centre of each chicken piece. Drain and tear **mozzarella** into small pieces, place on top. Bake in top part of oven for 5–7 minutes or until melted and **chicken** is cooked through.

tip Keep sugo in small spoonfuls so the crumb stays crispy around edges.



2. Prepare the CRUMB

Combine **1/3 cup flour** and **1/3 cup water** in a shallow bowl.

Spread **panko crumbs** on a piece of baking paper or on a plate. Season with **1 tsp oregano, salt and pepper**.

tip For a GF option, you can use corn or rice flour.



5. Dress the SLAW

Combine **2 tbsp vinegar, 1 tsp sugar, salt and pepper** in a bowl.

Shred **cabbage** and grate **carrot**. Toss to coat with dressing.

tip Use mayonnaise or aioli instead to make a creamy slaw!



3. CRUMB the chicken

Slice **chicken schnitzels** and dip into the **flour mixture**, then gently press into **crumbs** to coat.

Heat a large frypan with **oil** over medium-high heat. Cook **chicken** for 2–3 minutes each side or until golden. Transfer to a second lined tray.



6. finish AND Serve

Arrange the **chicken parmas** and **sweet potato rounds** on a large sharing tray with the **crunchy slaw**.

tip Keep leftover sugo in the fridge for pizzas or bolognese!