



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




Product Spotlight: Potatoes


One medium potato
contains 45% of your daily
intake of vitamin C!



1 **Chicken Parmigiana** with Wedges

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

 25 minutes

 2 servings

 Chicken

29 June 2020

FROM YOUR BOX

BABY POTATOES	400g
CHICKEN SCHNITZELS	300g
TOMATO SUGO	1 jar (350g)
GRATED CHEESE	1/2 packet *
ORANGE	1
MESCLUN LEAVES	1 bag (60g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper

KEY UTENSILS

oven tray, 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 potatoes for extra flavour!

Pour the tomato sugo straight into your frypan instead, if it is oven-proof.



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).



2. COOK THE CHICKEN

Heat a frypan with **oil** over high heat. Halve and add chicken schnitzels, cook for 3 minutes on each side. Season with **salt and pepper**.



3. FINISH THE CHICKEN

Pour tomato sugo into an oven dish (see notes). Add chicken and top with cheese. Place in the oven for 5-7 minutes for the cheese to melt and chicken to cook through.



4. TOSS THE SALAD

Peel and chop orange. Toss with leaves in a serving bowl and drizzle with **olive oil**.



5. FINISH AND SERVE

Serve chicken parmigiana with golden wedges and salad.

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

