

Cheesy Chicken Parmigiana with Herby Tomato Sauce

Tender chicken coated in a crispy golden crumb, topped with rich herby tomato sauce and plenty of melted cheese. A comforting, flavour-packed Italian-inspired dish that's perfect for a satisfying family dinner.

Nutritional Info

Calories: 817 kcal
Carbohydrates: 87 g
Protein: 54 g
Fat: 27 g

Ingredients

- Chicken Breast Fillet
- Mozarella Balls
- Parmesan
- Green Beans
- Baby Potato
- Chopped Tomatoes
- Dried Oregano
- Panki Breadcrumbs
- Egg

Your Pantry

- Olive Oil
- Salt
- Pepper

Allergens

Wheat (Breadcrumbs)
Milk (Mozzarella, Paremsan)
Egg (Egg)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.

METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) *Preheat the oven to 200°C & boil the kettle*

2) *Prepare the chicken*

Place each chicken breast between two sheets of baking paper and bash with a rolling pin or frying pan until about 1.5–2cm thick. This will make the chicken cook much faster and stay tender.

Beat the egg in a shallow bowl.

In another bowl, mix together the panko breadcrumbs, ⅓ of the parmesan and ½ the oregano

Dip each chicken breast into the egg, then press firmly into the panko mixture until completely coated.

3) *Make the sauce*

Add the tomatoes to a bowl with the remaining oregano, salt and pepper

4) *Boil the potatoes*

Halve any larger baby potatoes so they're roughly the same size. Add the potatoes to a saucepan of boiling, salted water and cook for 12–15 minutes, until tender when pierced with a knife. Drain and leave them in the warm saucepan with the lid off. Toss in olive oil or butter with some salt and pepper. While the potatoes cook move on to the next step.

5) *Cook the chicken*

Lay the breaded chicken directly onto a lined baking tray and bake for approximately 15–18 minutes, turning once, until golden and cooked through. Remove the chicken from the oven.

Spoon a thin layer of tomato sauce over each chicken breast. Top with the mozzarella and sprinkle over the remaining Parmesan.

Return to the oven for 5–7 minutes, until the mozzarella is bubbling and golden.

For an extra-golden top, switch to the grill for the final 1–2 minutes — watch it closely.

6) *Cook the green beans*

Add the green beans to a saucepan of boiling water and cook for 4-5 minutes or until tender and cooked to your liking.

7) Serve the dish

Serve the chicken parmigiana with the baby potatoes and green beans. Enjoy!

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