



# Ultimate Crispy Chicken Parmigiana

with Spaghetti, Pesto Drizzle and Rocket Salad

Ultimate 35-40 Minutes • 2 of your 5 a day

36



Chicken Breast



Panko Breadcrumbs



Spaghetti



Garlic Clove



Finely Chopped Tomatoes with Onion and Garlic



Chicken Stock Paste



Parmigiano Reggiano



Fresh Pesto



Rocket



Balsamic Glaze

**Pantry Items**

Oil, Salt, Pepper, Egg, Sugar

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, baking paper, bowl, whisk, frying pan, baking tray, colander and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Chicken Breast**	2	3	4
Panko Breadcrumbs <b>13</b>	50g	75g	100g
Spaghetti <b>13</b>	180g	270g	360g
Garlic Clove**	1	2	2
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Parmigiano Reggiano** <b>7</b>	40g	60g	80g
Fresh Pesto** <b>7</b>	32g	50g	64g
Rocket**	20g	40g	40g
Balsamic Glaze <b>14</b>	12ml	18ml	24ml
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Egg*	1	1	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3797/908	676/162
Fat (g)	22.3	4.0
Sat. Fat (g)	7.7	1.4
Carbohydrate (g)	105.3	18.7
Sugars (g)	19.7	3.5
Protein (g)	69.0	12.3
Salt (g)	4.90	0.87

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Crumb the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **spaghetti**.

Sandwich each **chicken breast** between two pieces of baking paper. Pop onto a board, then give it a bash with the bottom of a saucepan or a rolling pin until it's 1-2 cm thick.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. Put the **breadcrumbs** into another bowl, then season with the **salt** (see pantry for amount) and **pepper**.

Season the **chicken**, then dip it into the **egg** and then the **breadcrumbs**, until completely coated. Transfer to a clean plate. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.**



## Sauce Things Up

Wipe out the (now empty) frying pan and pop on medium-high heat with a drizzle of **oil**.

Once hot, add the **garlic** and fry for 30 secs.

Add the **chopped tomatoes, chicken stock paste, sugar** and **water for the sauce** (see pantry for both amounts). Simmer until thickened, 8-10 mins.



## Time to Fry

Pop a large frying pan on high heat and add enough **oil** to coat the bottom of the pan. **TIP: You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.**

Once hot, carefully lay the **chicken** into the pan, and fry until golden-brown, 2-3 mins on each side. Adjust the heat if necessary.

Transfer the **chicken** to a baking tray and bake on the middle shelf until cooked through, 8-10 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Once cooked, remove from oven and set aside. Cover to keep warm.



## Cheese Please

Once the **sauce** has thickened, gently stir through **half** the **parmesan**, then remove from the heat.

Spoon a **third** of the **tomato sauce** over the **crispy chicken**. Top with the remaining **parmesan**, then bake on the top shelf of the oven until the **cheese** is bubbling and golden, 4-5 mins.

Once cooked, add the **spaghetti** to the remaining **tomato sauce**. Add a splash of **water** if too thick.



## Spaghetti Time

When your pan of **water** is boiling, add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.

Meanwhile, peel and grate the **garlic** (or use a garlic press).



## Finish and Serve

When ready, slice the **chicken parmigiana** widthways into thin slices and serve on top of the **spaghetti**. Spoon over the **pesto** to finish.

Serve the **rocket salad** alongside finished with a drizzle of the **balsamic glaze**.

Enjoy!