

MARLEY SPOON



Chicken Parmigiana

with Cheddar and Thyme



30-40min



2 Portions

We've given this pub classic a subtle twist by topping the crumbed chicken with rich mature cheddar and aromatic thyme instead of traditional parmesan. A simple side of dressed green beans keep the calorie count in check, so there's no fried-food remorse and you can savour every bite.

What we send

- diced tomatoes
- 1 garlic clove and thyme
- green beans
- mature cheddar cheese ⁷
- free-range chicken breast fillet
- breadcrumbs ¹

What you'll require

- egg ³
- extra virgin olive oil
- milk ⁷
- olive oil
- plain flour ¹
- sea salt and pepper
- vegetable oil

Utensils

- baking paper
- large frypan
- large saucepan
- medium saucepan
- oven tray
- paper towel
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 720.0kcal, Fat 39.3g, Proteins 55.2g, Carbs 34.6g



1. Prepare ingredients

Place the **flour** in a dish and season with **salt and pepper**. Whisk the **egg** with the **milk** in a second dish. Place the **breadcrumbs** in a third dish. Finely grate **half the cheddar** into a bowl. Pick **thyme** leaves and add **half the thyme** to the cheddar. Crush or finely chop the **garlic**.



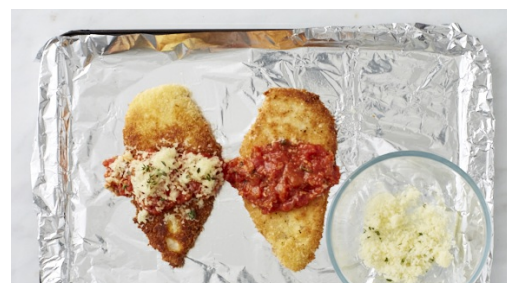
4. Cook chicken

Bring a large saucepan of salted water to the boil for the beans. Heat **2cm oil** in a large frypan over medium heat. Working in batches, cook the **chicken** for 2-3 mins each side until golden and just cooked through. Drain on paper towel. Season with **salt and pepper**. Line an oven tray with foil. Transfer chicken to the tray. Preheat the grill to high.



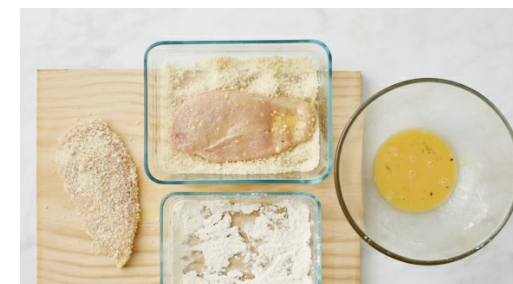
2. Make tomato sauce

Heat **2 tsp oil** in a medium saucepan over low heat. Add the **garlic** and cook for 1 min or until lightly golden. Add **half the can of tomatoes** (keep the remainder for another use), **remaining thyme** and the **sugar**. Cook, stirring occasionally, for 5 mins or until slightly thickened. Season with **salt and pepper**. Remove from heat and keep warm.



5. Make parmigiana

Spoon the **tomato sauce** over the centre of each **chicken steak**, then scatter over the cheddar mixture. Place the tray under the grill for 3-4 mins until the cheese is golden and bubbling.



3. Crumb chicken

Place the **chicken** onto a board. Place your hand on top and carefully slice in half horizontally through the middle to make 2 thin steaks. Using a rolling pin or saucepan, lightly pound the **chicken** to 1cm thick. Coat the **chicken** in the **flour**, shaking off any excess, then coat in the **egg mixture**. Coat in the **breadcrumbs**, pressing to cover well.



6. Cook beans

Meanwhile, cook the **beans** in the boiling water for 3-4 mins until tender. Drain well in a sieve. Divide chicken and beans among plates. Season beans with **salt and pepper**, and drizzle with **extra virgin olive oil** to serve.