

# MARLEY SPOON



## Chicken Parmigiana

with Cheddar and Thyme



30-40min



4 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

- green beans
- mature cheddar cheese <sup>7</sup>
- thyme and 2 garlic cloves
- diced tomatoes
- free-range chicken breast fillets
- breadcrumbs <sup>1</sup>

## What you'll require

- egg <sup>3</sup>
- extra virgin olive oil
- milk <sup>7</sup>
- olive oil
- plain flour <sup>1</sup>
- 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 715.0kcal, Fat 39.2g, Proteins 54.9g, Carbs 33.0g



### 1. Prepare ingredients

Place the **flour** in a dish and season with **salt and pepper**. Whisk **eggs** with **milk** in a second dish. Place the **breadcrumbs** in a third dish. Finely grate **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.



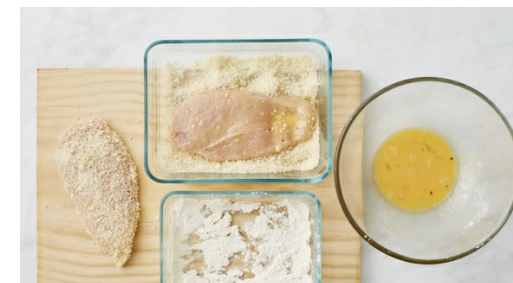
### 2. Make tomato sauce

Heat **2 tsp oil** in a medium saucepan over low heat. Add the **garlic** and cook for 1 min or until lightly golden. Add the **tomatoes**, **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.