

MARLEY SPOON



Chicken Parmi

with Smoked Cheddar and Green Beans



30-40min



2 Portions

Nothing beats a chicken parmi when you're craving comfort food. We've taken the pub classic up a notch with aged cheddar for even more cheese flavour and tomato sauce infused with fragrant oregano. Finish it off with tender green beans, then sit back and watch the whole table dig in.

What we send

- free-range chicken breast
- dried oregano
- crushed can tomatoes
- breadcrumbs ¹
- green beans
- garlic
- English smoked cheese ⁷

What you'll require

- egg ³
- extra virgin olive oil
- olive oil
- plain flour ¹
- sea salt and pepper
- sugar

Utensils

- foil
- large frypan
- medium saucepan
- oven tray
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 745kcal, Fat 47.2g, Carbs 28.6g, Proteins 48.6g



1. Prepare ingredients

Line an oven tray with foil. Put **2 tbs flour** in a shallow dish and season with **salt and pepper**. Put the **breadcrumbs** in separate shallow dish. Whisk **1 egg** in a third dish. Finely grate the **cheese**. Add **one-quarter of the oregano** to the cheese. Crush or finely chop the **garlic**.



4. Cook chicken

Bring a medium saucepan of salted water to the boil for the beans. Heat **2cm olive oil** in a large frypan over medium heat. Cook the **chicken** for 2-3 mins each side until golden and just cooked through. Drain on paper towel and season with **salt and pepper**.



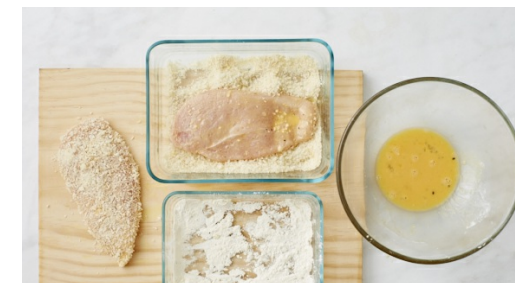
2. Cook tomato sauce

Heat **2 tsp olive oil** in a small saucepan over low heat. Cook **garlic**, stirring, for 1 min or until lightly golden. Add **half the tomatoes, one-quarter of the oregano** (reserve remaining tomato and oregano for another use) and **½ tsp sugar** and cook, stirring occasionally, for 5 mins to develop flavours. Season with **salt and pepper**. Remove from heat and keep warm.



5. Make parmigiana

Heat the oven grill to high. Put the **crumbed chicken** on the lined tray. Spoon the **tomato sauce** over the centre of each crumbed chicken, then scatter over the **cheese mixture**. Grill for 3-4 mins until the cheese is golden and bubbling.



3. Crumb chicken

While the sauce is simmering, put the **chicken** on a board. Put your hand on top and carefully cut in half horizontally through the middle to make 2 thinner steaks. Coat the chicken in the **flour**, shake off excess, then dip in the **egg** and coat in the **breadcrumbs**, pressing to cover well.



6. Cook beans

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