

DINNERLY



Chicken Parm with Smashed Peas



20-30 minutes



2 Servings

Nothing beats a chicken parmi when you're craving comfort food. The golden crisp crumb with tomato sauce and gooey melted cheddar. Sit back and watch the whole table dig in.

WHAT WE SEND

- 100g English smoked cheese ⁷
- 40g panko breadcrumbs ¹
- 5g dried Italian herbs ¹⁷
- 150g peas
- 1 lemon
- 1 large free-range chicken breast fillet
- 390g diced tomatoes

WHAT YOU NEED

- egg ³
- garlic clove
- olive oil
- plain flour ¹
- sugar

TOOLS

- foil
- medium frypan
- oven tray

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

COOKING TIP

Only half the lemon will be used in this dish.

ALLERGENS

Gluten (1), Egg (3), Milk (7), Sulphites (17).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 765kcal, Fat 40.1g, Carbs 35.2g,
Proteins 59.9g



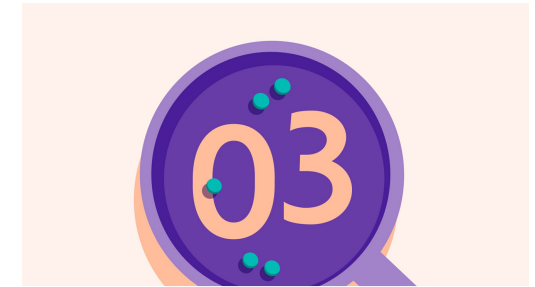
1. Prep sauce

Crush or finely chop 1 **garlic clove**. Put the garlic, **tomatoes**, 1 **tsp dried Italian herbs** (the remaining herbs won't be used in this dish), ½ **tsp sugar** and 2 **tsp olive oil** in a small saucepan and season with **salt and pepper**. Bring to the boil, then reduce the heat to medium and cook for 10 mins or until thickened.



2. Prep chicken

Meanwhile, finely grate the zest of **half the lemon** (see cooking tip), then cut into wedges. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Put 2 **tbs plain flour** on a plate. Whisk 1 **egg** in a shallow bowl. Combine the **breadcrumbs** and **lemon zest** on a plate.



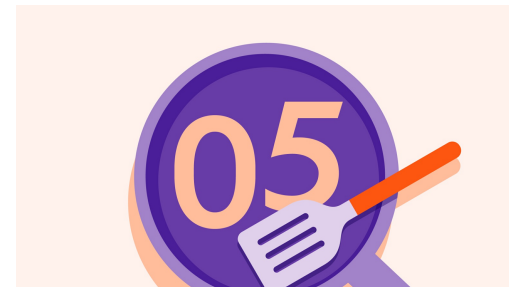
3. Fry chicken

Preheat the grill to high. Season the **chicken** with **salt and pepper**. Dust in the **flour**, shake off the excess, dip in the **egg**, then coat in the **breadcrumb mixture**. Heat 1 **tbs olive oil** in a medium frypan over medium-high heat. Cook the crumbed chicken for 3-4 mins each side until golden.



4. Grill parmis

Meanwhile, line an oven tray with foil. Coarsely grate **half the cheese** (the remaining cheese won't be used in this dish). Put the **crumbed chicken** on the lined tray, then top with the **tomato sauce** and **grated cheese**. Grill for 5-7 mins until the tomato mixture is hot and the cheese is melted.



5. Serve up

Meanwhile, bring a small saucepan of water to the boil. Add the **peas** and cook for 2 mins, then drain and return to the pan. Add 2 **tsp olive oil** and 1 **tbs water**, season with **salt and pepper** and coarsely smash. Divide the **chicken parmis** and **smashed peas** among plates and squeeze over the **lemon wedges** to serve.



6. Make it yours

Like potato chips? Preheat the oven to 220C, cut potatoes into 2cm cubes, toss in olive oil, season with salt and roast for 15-20 mins until golden and tender.