

# DINNERLY



## Chicken Parm with Smashed Peas



20-30 minutes



4 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 <sup>7</sup>
- 1 lemon
- 2 x 390g diced tomatoes
- 2 large free-range chicken breast fillets
- 75g panko breadcrumbs <sup>1</sup>
- 5g dried Italian herbs <sup>17</sup>
- 2 x 150g peas

## WHAT YOU NEED

- egg <sup>3</sup>
- garlic clove
- olive oil
- plain flour <sup>1</sup>
- sugar

## TOOLS

- foil
- large frypan
- medium saucepan
- oven tray

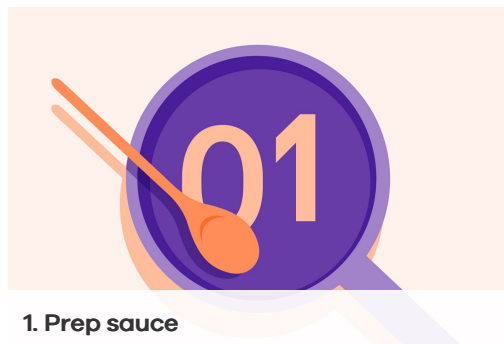
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

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

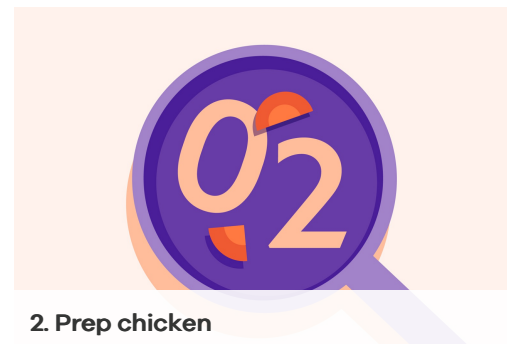
## NUTRITION PER SERVING

Energy 655kcal, Fat 31.2g, Carbs 35.2g, Proteins 52.6g



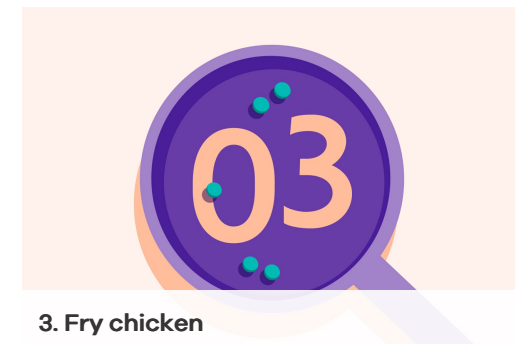
### 1. Prep sauce

Crush or finely chop **2 garlic cloves**. Put the garlic, **tomatoes**, **2 tsp dried Italian herbs**, **1 tsp sugar** and **1 tbs olive oil** in a medium 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.



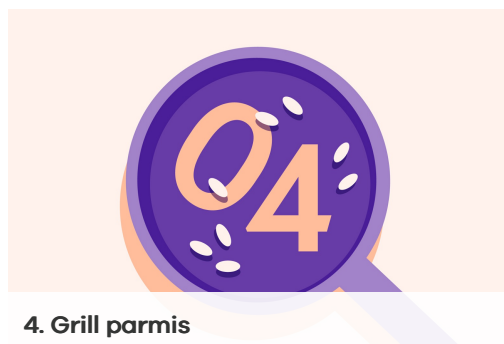
### 2. Prep chicken

Meanwhile, finely grate the **lemon zest**, then cut into wedges. Put the **chicken breasts** flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Put **35g (¼ cup) 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 **2 tbs olive oil** in a large frypan over medium-high heat. Cook the crumbed chicken for 3-4 mins each side until golden.



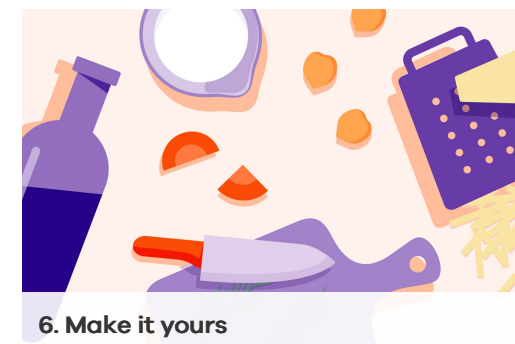
### 4. Grill parmis

Meanwhile, line an oven tray with foil. Coarsely grate the **cheese**. 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 medium saucepan of water to the boil. Add the **peas** and cook for 2 mins, then drain and return to the pan. Add **1 tbs olive oil** and **2 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.