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Cheesy Chicken Parmigiana with Broccoli & Crispy Potatoes

Who doesn't love a good parmigiana? That chicken and cheese combo sure is easy to love. Paired with crispy, herby potatoes, we bet this will be a real favourite amongst the kids. Get them in the kitchen to help you grate the cheese to top the chicken and sprinkle the herbs over the potatoes before baking.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



gluten free



eat me early

Pantry Items



Olive Oil



Potatoes



Dried Italian Herbs



Chicken Breast



Tomato



Cheddar Cheese





Broccoli

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QTY	Ingredients	
1 kg	potatoes, peeled & cut into 2 cm chunks	
1 ½ tbs	olive oil *	
1 tsp	dried Italian herbs	
4-5 fillets	chicken breast, sliced in half horizontally	
2	tomatoes, sliced	
1 block	Cheddar cheese, grated	
2 heads	broccoli, chopped into 2 cm florets	

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2470	Kj
Protein	56.9	g
Fat, total	22.3	g
-saturated	8.9	g
Carbohydrate	35.1	g
-sugars	3.3	g
Sodium	308	mg



You will need: vegetable peeler, chef's knife, chopping board, box grater, large saucepan, colander, two oven trays lined with baking paper, large frying pan, and a medium saucepan.

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Place the **potato** in a large saucepan of salted water, bring to the boil and cook for **10 minutes** or until just tender. Drain. Return the potato to the pan off the heat. Generously season the potato with **salt, pepper, olive oil** and the **dried Italian herbs**. Cover with a lid and shake the potato in the pan to roughen up the edges and coat in the seasoning. Transfer to one of the prepared trays. Cook in the oven for **20 minutes** (adding the chicken halfway through, see step below).



3 Meanwhile, heat a dash of olive oil in a large frying pan. Season the **chicken breast** with salt and pepper and add to the hot pan. Cook for **2-3 minutes** on each side, or until browned and then transfer to the second lined tray. Top each chicken fillet with the **tomato slices, Cheddar cheese** and salt and pepper. Cook in the oven for **10 minutes** or until the cheese has melted and the chicken is cooked through.



4 Meanwhile, bring a medium saucepan of water to the boil. Add the **broccoli florets** and cook for **2-3 minutes** or until just tender. Drain.

5 To serve, divide the chicken parmigiana, crispy potatoes and broccoli between plates.



Did you know? The potato is the first veggie to be grown in space!