

## **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





gluten



eat me early

## **Pantry Items**













Chicken Breast



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	

<del>1)</del>	Ingredient features in another recipe
*	Pantry Items

## **Nutrition per serve**

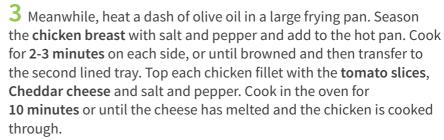
Pre-preparation

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).



- 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.





