

# Chicken Parmigiana



## Ingredients (serves 2)

- 1 Chicken breast fillet
- 1 egg
- ½ cup of plain flour
- ½ cup of dried breadcrumbs
- 1 table spoon of olive oil
- 1 tablespoon of butter
- ½ cup of pasata sauce
- Cheese to go on top
- Lettuce leaves
- 1 tomato
- ¼ of a cucumber
- ¼ of a capsicum
- 1 spring onion
- 2 potatoes

## Method

1. Preheat oven to 200°C.
2. Cut the potatoes into wedges.
3. Add to deep baking tray that has been sprayed with cooking spray and season with salt and pepper. Place into the oven.
4. Slice the chicken horizontally and flatten slightly.
5. Dust the breast fillet in flour and shake off the excess.
6. Dip into the beaten egg.
7. Coat the chicken with breadcrumbs.
8. Heat oil and butter in the frying. Cook the crumbed chicken filler until golden brown on both sides.
9. Place onto the flat baking tray that has been lined with baking paper.
10. Spread the pasata sauce over the chicken and top with cheese.
11. Place tray into the oven and bake until the cheese has melted.
12. Serve with wedges and tossed salad.