



# CHICKEN PARMIGIANA

WITH KUMARA ROUNDS & SALAD

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 50 minutes

It's hard for something not to be delicious when it's crumbed and fried! This yummy chicken parmigiana is served with kumara rounds and lots of salad, so you won't feel too weighed down!



## KUMARA ROUNDS

- 650g red kumara (1lb 7oz)
- 2 tsp olive oil

## CHICKEN PARMIGIANA

- 1 egg
- 2 Tbsp milk
- 1 Tbsp aioli
- 3 Tbsp plain flour
- 1 cup panko breadcrumbs (100g)
- 600g chicken schnitzel (1lb 5oz)
- 1/4 cup rice bran or canola oil (60ml)
- 400g can diced or crushed tomatoes (try basil & oregano flavour) (14oz)

- 1/2 Tbsp balsamic vinegar
- 1/2 Tbsp brown sugar
- 1/2 cup grated mozzarella, edam or colby cheese (50g)
- 1/4 cup grated parmesan (20g)
- Handful fresh basil

## SALAD & DRESSING

- 120g mesclun lettuce (4.2oz)
- 250g cherry or heirloom tomatoes (8.8oz)
- 1/2 telegraph cucumber
- 1 avocado
- 1 1/2 Tbsp olive oil
- 1 1/2 Tbsp balsamic vinegar
- 1 tsp wholegrain mustard
- 1/2 tsp brown sugar

1. Preheat oven to 210°C (410°F) bake and line an oven tray with baking paper.
2. **PREPARE KUMARA**  
Peel kumara and slice into rounds about 3-4mm thick. Lay out on prepared tray, drizzle with oil and season with salt and pepper. Bake for 20 minutes.
3. **COOK CHICKEN**  
Meanwhile, whisk together egg, milk, aioli and flour and place in a shallow bowl. Place breadcrumbs on a large plate. Season chicken schnitzel with salt and pepper, then submerge one of the pieces in the egg mixture. Let the excess egg drip off, then place chicken into the breadcrumbs and coat all over. Place on a clean plate. Repeat with remaining schnitzel.
4. Heat oil in a large frying pan over medium-high heat. Add schnitzel (you may need to do this in batches) and cook for a few minutes each side, until crisp.
5. While schnitzel cooks, whisk together tomatoes, vinegar and sugar. Season with salt and pepper. Place fried schnitzel on a rack set over a roasting dish and top with tomato mixture and cheeses.
6. Place in the oven with the kumara (once it has cooked for 20 minutes) and cook for a further 15 minutes. Some of the cheese may ooze down the sides - you can scoop this up later and serve with the meal.
7. **SERVE**  
Divide lettuce between serving plates. Cut tomatoes in half and slice cucumber and avocado, then place on top of lettuce. Whisk together oil, vinegar, mustard and sugar. Season with salt and pepper to taste, then drizzle over salads. Serve with parmigiana (topped with basil) and kumara on the side.



**WINE MATCH:** Try a Merlot.

## **CHICKEN PARMIGIANA RECIPE NOTES**

**GLUTEN-FREE OPTION:** Ensure aioli is gluten-free. Use gluten-free flour or cornflour and gluten-free panko breadcrumbs.

**INGREDIENT NOTES / SWAPS:** Beef or pork schnitzel could be used instead of chicken. If you can't find chicken schnitzel, buy chicken breast instead and cut it into thinner pieces.

**STORING AND REHEATING:** Store kumara and parmigiana separate from salad and dressing. Reheat in the microwave and dress salad just before serving.