



# Tiggy's Cheesy Chicken Parmigiana Burger

with Pesto, Fries and Rocket

Family 40-45 Minutes

1



Potatoes



Chicken Breasts



Tomato Puree



Mature Cheddar Cheese



Burger Buns



Fresh Pesto



Wild Rocket

**Dish Spotlight:** This Italian style parmigiana includes oven-baked fried chicken topped with tomato sauce and mozzarella. What's not to like? Scan the QR code and let us know what you think!



**Pantry Items**  
Oil, Salt, Pepper, Plain Flour, Sugar



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, baking paper, rolling pin, bowl, frying pan, kitchen paper and grater.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chicken Breasts**	2	3	4
Tomato Puree	30g	45g	60g
Mature Cheddar Cheese** 7)	30g	40g	60g
Burger Buns 13)	2	3	4
Fresh Pesto** 7)	32g	48g	64g
Wild Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Sugar*	¼ tsp	½ tsp	¾ tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	509g 2987 / 714	100g 587 / 140
Fat (g)	18.2	3.6
Sat. Fat (g)	6.2	1.2
Carbohydrate (g)	84.0	16.5
Sugars (g)	8.4	1.6
Protein (g)	54.4	10.7
Salt (g)	1.63	0.32

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Get the Fries On

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel). Pop them onto a large baking tray.

Drizzle with **oil**, then season with **salt** and **pepper**.

Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## Finish the Prep

While the **chicken** is frying, in a medium bowl, mix together the **tomato puree**, **sugar** (see pantry for amount) and a splash of **water** - just enough to loosen the mixture to a spreadable consistency. Season with **salt** and **pepper**.

Grate the **cheese**.

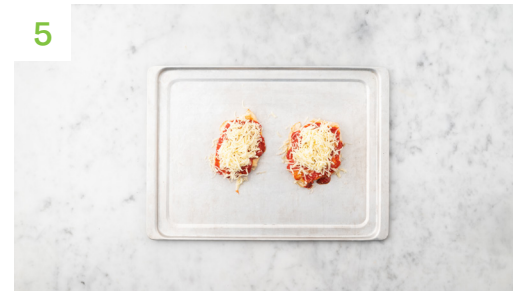


## Bash the Chicken

Meanwhile, sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give them a bash with a rolling pin or the bottom of a saucepan until they're 1-2cm thick.

Put the **flour** (see pantry for amount) in a large bowl with a good pinch of **salt** and **pepper**, then mix together. Add the **chicken** to the bowl, then toss to ensure an even coating of **flour**.

Repeat for the other **breast(s)**. Discard any remaining **flour** left in the bowl. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## Bake your Chicken Parmigiana

Lay your **fried chicken** onto a medium baking tray and spread the **tomato sauce** evenly over the top.

Top with the **grated Cheddar**, then bake on the middle shelf of your oven until the **cheese** has melted, 4-5 mins.

Meanwhile, pop the **burger buns** into the oven to warm through, 2-3 mins.



## Time to Fry

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay in the **chicken**. Fry until golden brown and cooked through, 5-6 mins each side.

**IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Once cooked, transfer the **chicken** to a board lined with kitchen paper and set aside.



## Assemble and Serve

When everything's ready, pop the **burger buns** on your plates and spread the cut sides with the **pesto**.

Stack the **chicken parmigiana** on the **bun bases**, then top with some **rocket** and the **bun lids**.

Serve with your **fries** and any remaining **rocket** alongside.

Enjoy!