

# Dinner

## RECIPE CARD

### Chicken Parmesan (Serves 4)

#### RECIPE NAME

Dinner

#### MEAL TIME

15 minutes

#### PREP TIME

15 minutes

#### TIME TO COOK

A perfect low-calorie  
take on a firm family  
favourite!

#### NOTES

327 kcal  
per serving

#### CALORIES

## INGREDIENTS

- ★ 2 large skinless Chicken breasts, *halved through the middle*
- ★ 2 Eggs, *beaten*
- ★ 75g Breadcrumbs
- ★ 75g Parmesan Cheese, *grated*
- ★ 1 tbsp Olive Oil
- ★ 2 Garlic Cloves, *crushed*
- ★ Half a 690ml jar of Passata
- ★ 1 tsp Caster Sugar
- ★ 1 tsp dried Oregano
- ★ Half a 125g ball of light mozzarella, *torn into pieces*

## METHOD



Halve 2 large skinless chicken breasts through the middle then place the 4 pieces between cling film sheets and bash out with a rolling pin until they are the thickness of a £1 coin.



Dip the chicken in 2 beaten eggs before rolling them in 75g breadcrumbs that's already been mixed with half of the 75g grated parmesan. Set aside on a plate in the fridge while you make the sauce.



Heat 1 tbsp of olive oil and cook 2 crushed garlic cloves for 1 minute. Tip in the half of the 690ml jar passata, 1 tsp caster sugar and 1 tsp dried oregano. Season and simmer for 5-10 minutes.



Heat the grill to High and cook the chicken for 5 minutes on each side, then remove.



Pour the tomato sauce into a shallow ovenproof dish and top with the chicken.



Taking the half a 125g ball of light mozzarella, scatter over the torn pieces and the remaining grated parmesan. Grill for 3-4 mins until the cheese has melted and the sauce is bubbling!