

Chicken Parmigiana

Ingredients

- 1 large skinless and boneless chicken breast
- 1 tablespoon of butter or margarine
- 1 egg
- 75g breadcrumbs **(the school will provide this item)**
- 1 tablespoon oil **(the school will provide this item)**
- 1 garlic clove
- 350ml passata
- 1 teaspoon caster sugar **(the school will provide this item)**
- 1 teaspoon dried oregano **(the school will provide this item)**
- 100g of either grated cheddar/Mozzarella or Parmesan cheese

Method

1. Preheat oven to gas mark 6/electric 170
2. Place butter in the baking dish and put it into the oven
3. Halve the chicken breast through the middle and place it between 2 sheets of cling film
4. Bash with a rolling pin until it is the thickness of a £1 coin
5. Break the egg into a bowl
6. Place the breadcrumbs or cornflakes into a bowl and mix with the parmesan
7. Dip the chicken in the egg and then the crumb and repeat
8. Take the baking dish out of the oven and coat the chicken with the melted butter – place this in the oven for 15 minutes
9. Heat the oil and cook the garlic for 1 minute, add the passata, sugar, and oregano, season, and simmer for 10 minutes
10. Turn the chicken over in the ovenproof dish, pour the tomato sauce over this, spread over the mozzarella, and cook for another 10 minutes
11. Check the chicken is cooked through before serving

Notes

This is a versatile dish that can be served with vegetables, salad, pasta or potatoes.

