



OFS COOKING AT HOME

(with Mona)

Recipe	Crispy Chicken Parmesan with baby spinach and sweet pepper Italian salad and Garlic roasted potatoes
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 For # people	2 servings	 Cooking time	45 minutes
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Ingredients:

<ul style="list-style-type: none">• 2 chicken breasts,• 2 tbsp of Mayonnaise• ½ cup of Panko Breadcrumbs• 1 Sweet bell pepper• 1 small medium Shallot• ½ cup of Marinara sauce• ¼ cup of Parmesan cheese	<ul style="list-style-type: none">• 2 cups of baby spinach• 1 tbsp of Red Wine Vinegar• ½ tbsp of Dijon Mustard• 2 tbsp of Italian seasoning• 1 tsp of sugar• 7 tbsp of oil• Salt and pepper• 1 tbsp of Minced Garlic• 7 medium potatoes
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Directions:

<ul style="list-style-type: none">• Pre heat oven to 400 degrees• Cube potatoes, slice shallot, and core and slice bell pepper• Add Potatoes to baking dish. In a small bowl add 4 tbsp of oil, garlic, 1 tbsp of Italian seasoning and salt & pepper to taste and mix well. Once mixed add mixture to the potatoes and stir to coat all potatoes. Once potatoes are coated well with the oil mix, place it in the oven. Let it cook for about 30 mins, checking on it halfway to give it a stir.• Pat dry chicken breasts and season both sides with salt & pepper. Use mayonnaise to coat both sides of the chicken. In a shallow bowl add panko breadcrumbs and coat the chick with the bread crumbs• On medium to high heat, heat a non-stick frying pan and once hot add 1 tbsp of oil. Fry chicken for about 3 to 4 min per side or until golden brown. Once chicken is golden brown, remove from heat and set aside for now.



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- Line a baking sheet with foil or parchment paper, add shallot and bell pepper to the lined baking sheet. Add one tbsp of oil and season with 1 tbsp of Italian seasoning and salt and pepper.
- Once potatoes are done remove from oven and put your oven on broil.
- Once oven is heated to broil, put seasoned veggies in the middle rack of the oven and let it cook for about 6 mins or until they are tender.
- Once the veggies are cooked, remove them from the baking pan and keep the lining on it.
- Using the same baking sheet put the chicken breasts on it. Spoon the marinara sauce on the top of the chicken and then top it with the parmesan cheese. Bake in the oven on broil in the middle rack for about 6 mins or until chicken is cooked all the way through.
- While the chicken is in the oven, make the salad dressing. In a small bowl add 1 tsp of sugar, 1 tbsp of oil, Dijon mustard, red wine vinegar and season with salt & pepper and mix them well. Add spinach to the roasted veggies in a salad bowl and then add dressing and mix well.
- Take chicken out of oven and plate with salad and potatoes
- Enjoy!

Notes:

- You can use balsamic vinegar instead of red wine vinegar
- You can use regular breadcrumbs instead of panko, but panko works best.
- Watch the veggies as they can burn very easily