



JERNEJ KITCHEN

CHICKEN PARMESAN AND SPAGHETTI

Chicken Parmesan is a heavenly, delicious meal that we serve with spaghetti in tomato sauce. It's a perfect dinner for any day of the year.

SERVES	4	PEOPLE
PREPARATION:	20	MINUTES
COOK AND BAKE:	50	MINUTES
TOTAL TIME:	1	HOUR 10 MINUTES

TOMATO SAUCE

- 2 tbsp olive oil
- 1 onion
- 2 garlic cloves
- 3 fresh basil leaves
- 1 tsp fresh oregano, ½ tsp dried oregano
- 700 g (3 cups) tomato passata
- 180 ml (¾ cup) water
- 1 tsp salt, ¼ tsp ground pepper
- Parmesan rind (optional)
- 300 g (10.5 oz) spaghetti

FRIED CHICKEN

- 500 g (1.1 pound) chicken cutlets
- 3 eggs
- 150 g (1 cup) dry breadcrumbs
- 2 tbsp freshly grated parmesan cheese
- 100 g (1 cup) all-purpose flour
- 3 tbsp olive oil
- 100 ml (½ cup) canola oil, for frying

TOMATO SAUCE

Place a pan with olive oil over medium heat. Add the diced onion and saute for 5 minutes. Add the minced garlic, basil, oregano and cook for 2 minutes. Pour in the tomato passata and water. Season with salt and pepper, and optionally add in the parmesan rind for more flavor. Bring to a boil, stir, cover with a lid, and reduce the heat to low. Cook for 20 minutes.

FRIED CHICKEN

Place the chicken cutlets on your working surface. Cover with parchment paper and flatten the chicken with a rolling pin or hammer. Add the eggs to one deep plate, then the breadcrumbs, parmesan cheese, and a pinch of salt to a second deep plate, and the flour, salt, and pepper to the third plate. Coat the chicken cutlets in flour, dip them in the egg mixture, and coat them in breadcrumbs.

FRY THE CHICKEN

Pour the oil into a deep pan and place over high heat. When the oil reaches 175 °C / 350 °F, start frying. Fry the chicken cutlets for 2 minutes per side while gently shaking the pan at all times. Place a rack in the upper position in your oven and preheat it to 220 °C / 430 °F. Place the fried chicken on a baking sheet. Don't use parchment paper; ensure there's enough space between the meat. Add a few tablespoons of tomato sauce on top of each cutlet so that it's almost covered. Sprinkle with a teaspoon of parmesan cheese. Add two slices of Mozzarella cheese to each cutlet and place in the oven. Roast for 12 - 15 minutes at 220 °C / 430 °F or until the cheese melts.

SERVE

Cook the spaghetti according to the package instructions until

4 tsp freshly grated parmesan
cheese

8 Mozzarella cheese slices

TOOLS AND EQUIPEMENT

skillet

kitchen knife

cutting board

parchment paper

rolling pin or kitchen hammer

deep plates

baking sheet

pot

cooked al dente. Drain and add to the rest of the tomato sauce. Pour 100ml (1/2 cup) of preserved cooking pasta water and toss to combine. Divide the spaghetti between four deep plates. Optionally sprinkle with some freshly grated parmesan cheese and add slices of Chicken Parmesan on top. For some freshness, sprinkle with chopped chives or basil.