

## **CHICKEN PARMIGIANO AND GARLIC SPAGHETTI**

### **Ingredients:**

- 1 chicken breast
- 30 mL vegetable oil
- 1 egg (for the group of 4)- beat with 5 mls of water
- 80-125 mL breadcrumbs (for the group of 4)
- 5 mL (total) seasonings (basil, oregano, italiano, parsley, chili, seasoned salt)
- 10 mL dry parmesan
- 60 mL mozzarella, finely grated
  
- 90 mL tomato sauce
- 5 mL tomato paste
- 5 mL dry parmesan
- 5 mL (total) extra seasonings of your choice (sugar, salt, pepper, see above list)
  
- 250 g spaghetti
- 4-5 garlic cloves, sliced thin lengthwise
- 30 mL extra virgin olive oil
- 2 mL dried chilies
- 15 mL chopped fresh parsley
- 60 mL fresh Parmigiana Reggiano cheese
- Salt and pepper to taste

## **Method:**

1. Fill up the pot with water, add salt, put lid on, turn on high heat and bring to the boil. Once water is boiling add pasta and cook for 10 mins.
2. Prep and organize all of your other ingredients as indicated in the sections above. (Mise en Place)
3. Pound out your chicken between a piece of wax paper till thinner. Drag it thru the egg wash and then place it in the bread crumbs and press to coat it with crumbs.
4. Heat up your vegetable oil in your small Teflon fry pan. Once it's hot, add the chicken and brown it on both sides.
5. Mix all of your tomato sauce ingredients together and heat in the microwave for 45 secs. Grate your mozzarella cheese.
6. Add the pan fried chicken breast to the white baking dish. Cover it with the sauce and then cover it evenly with the mozzarella cheese. Place in the oven for 15 mins or till golden brown on top.
7. Put your thinly sliced garlic cloves in the large fry pan with the extra virgin olive oil. Heat on med-low heat and cook till garlic is lightly golden. Remove garlic using red slotted spoon, then add crushed chilies to the oil.
8. Drain spaghetti (keep 125 mL of the pasta water). Add the spaghetti to the fry pan with the garlic/chili oil. Cook on med-high heat and add 125 mL of the pasta water to keep the pasta moist.
9. Lastly add the chopped parsley and grate the fresh parmesan cheese and toss everything together to coat it evenly. Season with salt and pepper and any extra seasonings you desire. Serve hot with the chicken parmigiana.