

 4 servings

 15 mins prep

 35 mins cooking





One Pan Parmesan Chicken with Broccoli

INGREDIENTS

¼ cup olive oil
4 chicken breast fillets
1 large brown onion, chopped
2 garlic cloves, crushed
700ml bottle passata sauce
1 ½ cups chicken stock
1 lemon, grated rind
2 tbsp lemon juice
1 cup risoni
1 broccoli head, cut in florets
⅓ cup panko breadcrumbs
⅓ cup parmesan, grated
2 tbsp flat leaf parsley, chopped

DIRECTIONS

1. Heat oil in pan over medium heat, season chicken fillets. Add to pan and cook until brown around 3 mins. Transfer to plate and cook onion and garlic until soft. Pour passata, stock, lemon rind, lemon juice into pan and bring to boil
2. Add risoni to sauce and stir well to combine. Return chicken to simmer for around 10 mins. Add broccoli and cook until tender and chicken cooked through
3. Preheat grill on high. Combine breadcrumbs, parmesan and parsley and remaining oil. Season with salt and pepper. Sprinkle over chicken, place under grill and grill until golden brown.

NOTES