



www.mychef.co.za

0861 69 2433

Chicken Parmagiana CSC020

Pre- heat your oven to 190 degrees. Bring a shallow frying pan with a little olive oil up to heat. Fry the chicken on each side until golden. Heat the tomato sauce in the microwave on medium for 2-3 minutes .Place the chicken in a suitable roasting dish, top each fillet with a slice of mozzarella, cover with the tomato sauce, and bake for 15 minutes, serve with tagliatelle. For the pasta: bring a pot of salted water to the boil, add pasta and cook for 3-5 minutes until tender .