

# DINNERLY



## No Chop! Plant-Based Chik'n Parm Pasta with Parmesan



30min



2 Servings

Chicken Parm without the chicken? Yes, you read that right. But you won't miss the chicken one bit thanks to our plant-based version that's just as good (if not better). Plus a bed of al dente penne, marinara, and Parmesan puts this classic red sauce dish over the top. We've got you covered!

### WHAT WE SEND

- ¾ oz Parmesan <sup>7</sup>
- 3¾ oz mozzarella <sup>7</sup>
- 6 oz penne <sup>1</sup>
- 7 oz pkg plant-based chik'n cutlet <sup>1</sup>
- 8 oz marinara sauce

### WHAT YOU NEED

- kosher salt & ground pepper to taste
- olive oil

### TOOLS

- large saucepan
- microplane or grater
- medium ovenproof skillet

### ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 960kcal, Fat 46g, Carbs 95g, Protein 44g



#### 1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Preheat broiler with a rack in the upper third.

Finely grate **Parmesan**. Tear **mozzarella** into ½-inch thick pieces.



#### 2. Cook pasta

Add **pasta** to boiling **salted water**; cook, stirring, until al dente, 8–9 minutes. Reserve ½ **cup cooking water**. Drain pasta and return to saucepan off heat; toss with 1 **teaspoon oil**. Cover to keep warm until ready to serve.



#### 3. Fry chik'n

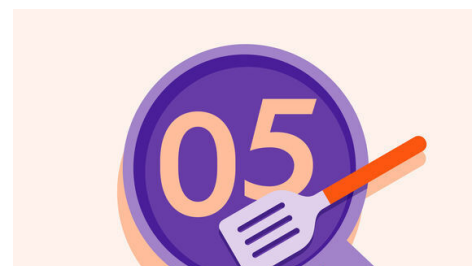
While **pasta** cooks, heat 2 **tablespoons oil** in a medium ovenproof skillet over medium-high until shimmering. Add **chik'n cutlets** and cook until golden-brown and warmed through, 2–3 minutes per side. Transfer to a paper towel-lined plate. Wipe out skillet.



#### 4. Heat sauce & assemble

Add **marinara sauce** and **reserved cooking water** to same skillet. Bring to a simmer over medium-high heat. Stir in **half of the Parmesan** and season to taste with **salt and pepper**.

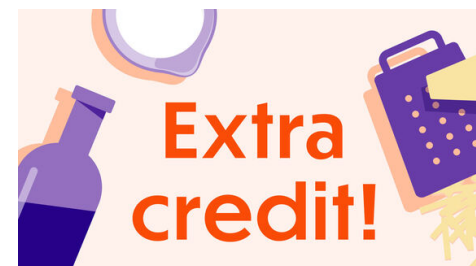
Return **chik'n cutlets** to skillet; flip to coat in sauce. Place **mozzarella** over top and sprinkle with **half of the remaining Parmesan**.



#### 5. Broil chik'n & serve

Broil skillet on upper oven rack until **cheese** is melted and browned in spots, 4–5 minutes (watch closely as broilers vary).

Serve **chik'n parmesan** over **pasta** sprinkled with **remaining Parmesan**. Enjoy!



#### 6. Make it your own!

You can serve this chik'n parm over whatever pasta you like, be it penne, spaghetti, or even veggie noodles for a low-carb twist.