





## Tray Bake: Cheesy Chicken Parmesan

featuring Ready to Heat Chicken Cutlet

 20-30min  2 Servings

This dinner shortcut is no work, all flavor. Just mix the ingredients in our easy-to-use foil tray, pop it in the oven, and enjoy your mess-free, perfectly baked meal. Ready to heat breaded chicken cutlets and penne means no prep work for you! Enjoy all the goodness of homemade chicken parm with pasta and a big, parmesan-laden arugula salad, without all the extra work. We've got you covered!



## What we send

- aluminum foil tray
- 2 (¾ oz) Parmesan <sup>7</sup>
- 3¾ oz mozzarella <sup>7</sup>
- ½ lb pkg ready to heat chicken cutlet <sup>1,3</sup>
- 7 oz ready to heat penne <sup>1,3</sup>
- 8 oz marinara sauce
- ¼ oz fresh parsley
- 5 oz arugula
- 1 lemon

## What you need

- nonstick cooking spray
- kosher salt & ground pepper
- olive oil

## Tools

- microplane or grater
- vegetable peeler

## Allergens

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 790kcal, Fat 42g, Carbs 60g, Protein 46g



### 1. Prep ingredients

Preheat oven to 400°F with a rack in the upper third. Grease aluminum tray with nonstick spray.

Finely grate **1 block of Parmesan**. Shave **remaining Parmesan** with a vegetable peeler; set aside for salad. Slice **mozzarella**. Cut **chicken cutlets** crosswise into ¾-inch pieces.

In tray, mix **pasta** with **half of the marinara sauce**, **half of the grated Parmesan**, and **¼ cup water**.



### 2. Assemble tray

Mix **pasta** well, making sure pieces are separated; season to taste with **salt** and **pepper**. Spread in an even layer.

Arrange **chicken pieces** over pasta, keeping cutlets together. Spoon **remaining marinara sauce** over cutlets. Layer **mozzarella slices** over cutlets. Sprinkle **remaining grated Parmesan** over chicken and pasta.



### 3. Bake & serve

Bake on upper rack until sauce is bubbling and cheese is melted and browned in spots, about 15 minutes.

Finely chop **parsley leaves**; discard stems. Sprinkle parsley over **chicken** and **pasta**. In a large bowl, toss **arugula** and **shaved Parmesan** with **½ tablespoon lemon juice** and **1 tablespoon oil**; season to taste. Serve with **chicken Parmesan**. Enjoy!



4. ...

Looking for more steps?



5. ...

You won't find them here!



6. ...

Enjoy your Martha Stewart & Marley Spoon meal!