



Meatless Farm Chik'n Parmesan

with Spaghetti & Charred Broccoli



30min



2 Servings

We're giving an Italian-American classic, chicken Parmesan, a meatless twist—and it couldn't be easier to make, thanks to Meatless Farm chik'n cutlets. These plant-based cutlets are pre-breaded in a crispy coating, ready for you to heat and eat. We top the cutlets with marinara sauce, fontina, Parmesan, and pesto, then serve it over spaghetti. Even the meat-eaters in your house will say, that's amore. Buon appetito!

What we send

- ½ lb broccoli
- ¾ oz Parmesan ⁷
- 6 oz spaghetti ¹
- 7 oz pkg Meatless Farm chik'n cutlets ¹
- 8 oz marinara sauce
- 2 oz shredded fontina ⁷
- 2 oz basil pesto ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- large saucepan
- microplane or grater
- rimmed baking sheet
- 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 1110kcal, Fat 60g, Carbs 101g, Protein 45g



1. Prep ingredients

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

Cut **broccoli** into 1-inch florets, if necessary.

Finely grate **Parmesan**.



4. Fry chik'n

Heat **2 tablespoons oil** in a medium ovenproof skillet over medium until shimmering. Add **Meatless Farm chik'n cutlets** and cook until golden brown and warmed through, 2-3 minutes per side.

Transfer cutlets to a paper towel-lined plate. Wipe out skillet.



2. Cook spaghetti

Add **spaghetti** to boiling water. Cook, stirring occasionally to prevent sticking, until pasta is al dente, 8-9 minutes.

Reserve **½ cup cooking water**; set aside until step 5. Drain pasta and return to saucepan; toss with **1 teaspoon oil**. Cover pasta to keep warm and set aside until ready to serve.



5. Heat sauce & broil chik'n

Transfer **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. Top each cutlet with **fontina**. Transfer skillet to upper oven rack and broil until cheese is melted, 4-5 minutes (watch closely).



3. Broil broccoli

Meanwhile, on a rimmed baking sheet, toss **broccoli** with **1 tablespoon oil** and a **pinch each of salt and pepper**. Broil on upper oven rack until broccoli is crisp-tender and lightly charred, carefully flipping halfway through, 8-10 minutes total (watch closely as broilers vary). Cover broccoli to keep warm and set aside until ready to serve.



6. Finish & serve

Spoon some of the **pesto** over top of **chik'n cutlets** and sprinkle with **remaining Parmesan**.

Serve **spaghetti** topped with **chik'n Parmesan and sauce** alongside **broccoli**. Enjoy!