FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Chicken Parmigiana



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**459 kcal**

Stuff that's in it:

• 180G White Onion (Finely Chopped)

• 160G Fennel (Finely Chopped, Keep The Hairy Bits)

• 2 Cans Chopped Tomatoes

• 2 Tbsp Fresh Taragon (Roughly Chopped)

• 1 Ltr Chicken Stock ((I Used Knor))

• ½ Tsp Fennel Seeds

• 20G Grated Parmesan

• 250G Reduced Fat Mozzarella ((Tesco))

• 4 Slices Sourdough

• 1 Lemon (Unwaxed) (Tbsp Juice And Rind)

• 1 Tbsp Olive Oil

• 2 Garlic Cloves (Finely Chopped)

• 6 Skinless Chicken Thighs (All Fat Removed, Roughly Chopped)

• 1 Bay Leaf

• Some Torn Fresh Basil

What you do:

Squirt some oil in a heavy bottomed pan and fry your chicken thighs for around 6-7 minutes until brown,

remove onto a plate.

Add your onion and fennel and gently soften for a good few minutes. Add your fennel seeds, bay leaf and garlic and stir through until the garlic is softened.

Add the stock and both cans of tomatoes and bring to the boil. Add the tarragon and basil, then re add the chicken thighs , simmer for around an hour or until thick! When almost ready, tear up the bread, add the remaining oil to a fry pan and get hot, chuck in the bread and toast for a few minutes, then tip in the Parmesan, lemon juice and rind, add the hairy bits too from your fennel! Tear up the mozzarella balls equally and serve with the soup and the crusty cheesy bread!

Nutrition

• Carbs: 29g

• Fat: 21g

• Protein: 40g

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