



 **58%**
HEALTH SCORE

Parmesan Crusted Chicken on Eggplant Sun Dried Tomato and Mozzar

READY IN



70 min.

SERVINGS



4

CALORIES



1156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 tablespoons basil finely chopped
- 11 tablespoons basil finely chopped
- 15 g butter
- 2 teaspoons chicken soup base instant
- 4 chicken breast
- 70 ml wine dry white
- 2 small eggplant
- 1 garlic clove crushed

- 2 garlic clove
- 1.5 teaspoons coarse mustard
- 1 leek chopped
- 1.5 tablespoons mint leaves finely chopped
- 8 slices mozzarella cheese (1cm thickness)
- 1 tablespoon olive oil
- 3 tablespoons olive oil
- 1.5 cups panko bread crumbs (These are Japanese breadcrumbs available at most Asian stores and even some regular grocery stores,)
- 0.8 cup parmesan cheese grated
- 1.5 tablespoons parsley finely chopped
- 1 cup peas frozen
- 0.8 cup arborio rice
- 0.8 cup arborio rice
- 12 sun-dried olives packed in oil, drained
- 2.5 cups water

Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

Directions

- Combine oil, mustard, garlic and herbs in a large bowl or storage container, add chicken, mix well, cover and refrigerate a couple of hours.
- Combine cheese and panko flakes in a bowl, remove chicken from the fridge and press crumb mixture firmly onto chicken, place on a wire wrack in baking dish.

- Cut eggplant length ways, about 1cm thick slices you will need 4 slices,
- Brush with olive oil on both sides place on wire rack in baking dish, bake chicken and eggplant in 190c oven for about 25–30 minutes.
- Remove eggplant from oven leaving chicken, top each eggplant slice with 3 sun dried tomatoes and top with 2 mozzarella slices, return to oven and cook for a further 10 minutes or until chicken is browned, and cooked through, and vegetables are tender and cheese has melted slightly.
- Place eggplant on plate top with chicken and serve risotto on the side.Minted Green Pea Risotto.
- Heat oil in a pan, add leek and garlic cook until leek is soft, add butter, stir to melt, add rice and stir to coat in butter.
- Add the wine, cook until almost all the liquid has been absorbed.
- Pour in water and stock, cook covered for about 15 minutes.
- Add peas and mint, cook for a further 5 Min's, uncovered, stirring occasionally until all the liquid has absorbed (or cook according to packet directions, mine is 20 minute cooking risotto).
- Serve with chicken.

Nutrition Facts



PROTEIN 28.2% **FAT 34.39%** **CARBS 37.41%**

Properties

Glycemic Index:164.08, Glycemic Load:52.71, Inflammation Score:-10, Nutrition Score:58.049130434783%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 3.35mg, Apigenin: 3.35mg, Apigenin: 3.35mg, Apigenin: 3.35mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 1156.37kcal (57.82%), Fat: 43.51g (66.93%), Saturated Fat: 16.07g (100.41%), Carbohydrates: 106.47g (35.49%), Net Carbohydrates: 92.78g (33.74%), Sugar: 15.7g (17.44%), Cholesterol: 213.91mg (71.3%), Sodium: 1422.59mg (61.85%), Alcohol: 1.83g (10.16%), Protein: 80.26g (160.51%), Vitamin B3: 31.32mg (156.61%), Selenium: 108.73µg (155.33%), Vitamin B6: 2.27mg (113.49%), Manganese: 2.17mg (108.37%), Vitamin K: 112.68µg (107.31%), Phosphorus: 1045.33mg (104.53%), Folate: 316.43µg (79.11%), Vitamin B1: 1.06mg (70.37%), Calcium: 596.34mg (59.63%), Potassium: 1953.57mg (55.82%), Fiber: 13.69g (54.76%), Vitamin B5: 5.36mg (53.61%), Iron: 8.24mg (45.8%), Vitamin B2: 0.77mg (45.48%), Magnesium: 180.11mg (45.03%), Vitamin A: 2247.91IU (44.96%), Zinc: 6.1mg (40.63%), Vitamin C: 32.56mg (39.47%), Copper: 0.73mg (36.7%), Vitamin B12: 2.09µg (34.75%), Vitamin E: 3.81mg (25.37%), Vitamin D: 0.55µg (3.64%)