



ST. MICHAEL'S COLLEGE SCHOOL

Under the direction of the Basilian Fathers

Cooking with The Foodies Group

Chicken parmigiana (vegetarian option – eggplant parmigiana) with linguini marinara and a petite arugula salad

Ingredients

Box of Linguine (500g)
4 x chicken breast (6-8oz each)
100oz plum tomatoes (canned)
1 large white onion (peeled)**
1 garlic bulb (peeled)**
1 bunch basil (picked and washed)**
250ml olive oil
25ml balsamic vinegar
1 box arugula
1 box panko breadcrumbs
250g parmesan (grated)**
300g mozzarella
4 eggs
250g all-purpose flour
Kosher salt/sea salt
Cracked black pepper
30g sugar
30g butter

Items with an asterisk need to be prepared before the cooking class begins. For those that are gluten free, replace panko breadcrumbs with

gluten free option. If vegetarian, replace the chicken with eggplant.

Kitchen Supplies

2 medium/large pots
1 large frying pan
1 baking sheet
Wooden spoon
Tongs
Hand blender ideal or general blender
Cheese grater
3 mixing bowls for breading station
1 mixing bowl for salad