Pomì
O Così. O Pomì.

Chicken Parmesan Salisbury Steak



Preparation time: 60 min
Difficulty: Easy

Chicken parmesan

- Basil, sliced: 2 tablespoons
- Chicken broth or white wine: 1/4 cup
- Garlic, chopped: 2 cloves
- Italian herb blend (or oregano): 1 teaspoon
- Mozzarella, shredded: 1 cup
- Parmigiano reggiano (parmesan) grated: 1/2 cup
- Red pepper flakes: 1 pinch
- Salt and pepper: to taste

Chicken steaks

- Breadcrumbs (gluten-free for gluten-free): 1/4 cup
- Cloves garlic: 2
- Egg, lightly beaten: 1
- Ground chicken (or turkey): 1 pound
- Italian herb blend (or oregano): 1 teaspoon
- Oil: 1 tablespoon
- Parmigiano reggiano (parmesan), grated: 1/4 cup
- Salt and pepper: to taste
- Zucchini, grated and squeezed of excess liquid (optional): 1 cup

Preparation

Chicken parmesan is one of my favourite meals and I like to keep it exciting by changing it up every once in a while. Generally chicken parmesan consists of a breaded chicken cutlet that is topped with a tomato sauce and plenty of melted cheese! Another great way to enjoy these flavours is with chicken patties (aka salisbury steaks) instead of chicken cutlets. This meal could not be easier to make! The patties start out with ground chicken with some egg and breadcrumbs as binders along with garlic, Italian herbs, parmesan cheese, salt and pepper for flavour. Ground chicken can sometimes make for kind of dry patties so I like to add shredded zucchini which helps to keep them nice and moist, and you really can't go wrong with an extra vegetable!

The tomato sauce is up next and it is made super easy by the use of **Pomì organic strained tomatoes**! The tomato sauce is seasoned with more garlic, Italian herbs, salt and pepper and a bit of heat from red pepper flakes. The patties are placed in the tomato sauce and topped with plenty of parmigiano reggiano and mozzarella before being transferred to the oven to melt the cheese! These chicken parmesan salisbury steaks are great all by themselves or served on buttered pasta, rice, quinoa, mashed potatoes, etc or even in a bun.

For the chicken salisbury steaks:
Mix all of the ingredients, except the oil form into 4 patties and fry in the pool a large skillet over medium-high heat until lightly golden brown and cooked through, about 3-5 minutes per side, before setting the patties aside and draining all but 1 tablespoon of the juices from the pan.

For the chicken parmesan:
Add the garlic ad pepper flakes to the pan and cook until fragrant, about a minute.

Add the broth and deglaze the pan by scraping up all of the brown bits from the bottom of the pan with a wooden spoon while the broth is simmering. Add the **Pomì organic strained tomatoes**, Italian herb blend, salt and pepper, bring to a boil reduce the heat and simmer for 5 minutes.

Add the patties to the sauce, sprinkle on the cheeses, transfer to the oven and broil until the chess has melted, about 1-2 minutes.
Enjoy served on buttered pasta, mashed potatoes, in a bun, etc. topped with the fresh basil!

Recipe by Kevin Lynch of closetcooking.com

For this recipe we used:

Passata 26 ounce

