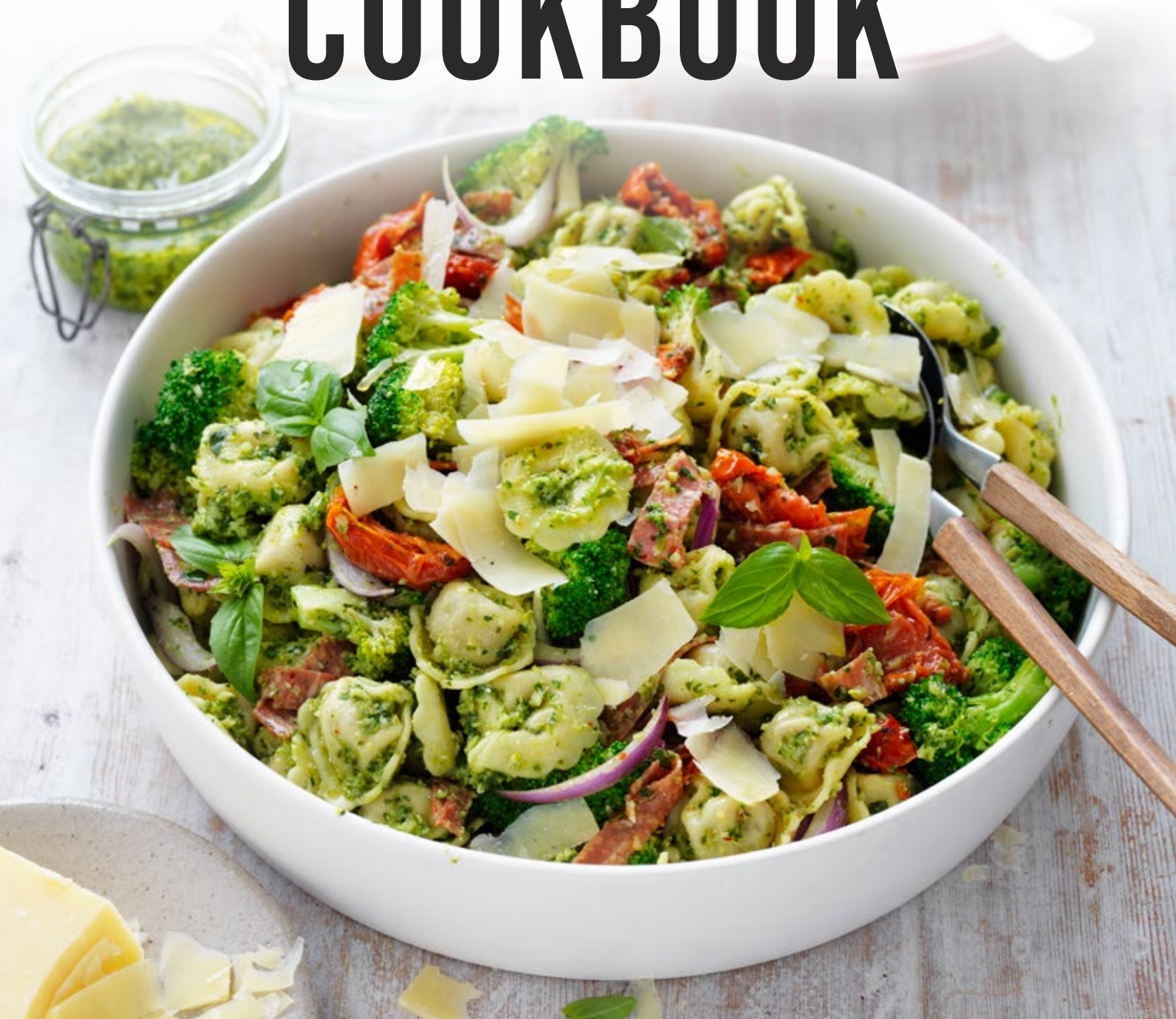




Perfect Parmesan **COOKBOOK**



DELICIOUS PASTA, RISOTTO, MAINS AND LIGHT MEALS



OUR STORY

Founded by Italian immigrant Natale Italiano, *Perfect Italiano* has been making specialty cheese since 1930.

Our Parmesan, Ricotta and Mozzarella making methods came from all over Italy and have been perfected for the meals you love – to make your risottos creamier, your pizzas stretchier and your pastas, soups and salads tastier. With our extensive range of parmesan cheese blocks, grated cooking blends, and creamy ricotta; we are the trusted choice for hassle-free dinner times in Australian kitchens. The undisputed go-to brand of cooking cheese, *Perfect Italiano* offers quality cheese that's...

PERFECT FOR THAT.

LEARN MORE AT [PERFECTITALIANO.COM.AU](https://www.perfectitaliano.com.au)

**FOR A SHARP,
SAVOURY BITE TO
PERFECTLY FINISH
YOUR MEALS, ADD
PERFECT ITALIANO
*Perfect Parmesan.***

Our traditional style *Parmesan* is matured for a savoury, medium-strength flavour. It's essential for creamy risottos and pastas, adding a flavourful bite to balance their richness. In other meals, it elevates the flavour of other ingredients, taking any meal from bland to grand. When you need a sharper cheese, try our *Perfect Italiano Extra Sharp Parmesan*.

Whether you need a medium or strong *Parmesan*, we have a cheese **PERFECT FOR THAT.**



PERFECT FOR THAT



CHOOSE THE PERFECT PARMESAN

Traditional

A traditional style Parmesan that delivers a medium strength flavour.



GET THE FULL RANGE OF PRODUCTS AT PERFECTITALIANO.COM.AU



CONTENTS

Light Meals

Broccoli Pesto Pasta Salad	6
Chicken & Vegetable Frittata	8
Chicken Pesto Panzanella Salad	10

Perfect Pasta

One Pot Italian Risoni	13
Bacon, Broccoli & Parmesan Pasta	15
Quick & Easy Fettuccine Carbonara	17
20-minute Penne Pasta	19
Slow Cooked Lamb Shank Ragu with Pappardelle	21

Your New Secret Seasoning

23

Creamy Risotto

24

Oven-Baked Chicken & Vegetable Risotto	24
Roast Pumpkin & Spinach Risotto	26
Parmesan Pesto Risotto	28

Main Event

30

Cream of Mushroom Chicken	30
Classic Beef Lasagne	32
Creamy Mushroom Gnocchi	35
Parmesan Crusted Chicken Drumsticks Parmigiana	37
Chicken Meatballs in a Creamy Mushroom Sauce	39



LIGHT Meals

Quick and easy light meal recipes that won't weigh you down. Perfect for lunch, dinner or weekend brunch.





BROCCOLI PESTO

Pasta Salad

PREP 15 MIN COOK 10 MIN SERVES 6-8

INGREDIENTS

750g dried or frozen beef tortellini

300g broccoli, stem trimmed

30g baby spinach leaves

1 cup (30g) packed basil leaves

½ cup olive oil

2 tbsp lemon juice

½ cup **Perfect Italiano™**
Parmesan Block, finely
grated

⅔ cup (120g) soft semi-dried tomatoes

60g salami, sliced

1 red onion, cut into thin wedges

Perfect Italiano™
Parmesan Block,
extra to serve

METHOD

1. Cook tortellini in a pot of boiling salted water for 5 minutes or until tender. Drain. Cool with cold water. Transfer to a large bowl.
2. Cut the broccoli into small florettes and blanch in boiling water for 20 seconds. Drain and rinse under cold water. Drain again until cool. Reserve around 150g (¾ cup) of the broccoli florettes for the salad.
3. Process the spinach and basil until finely chopped. Add the oil, broccoli and lemon juice, season and blitz until a coarsely chopped pesto forms. Stir through ½ cup grated Parmesan.
4. Combine pasta, pesto, reserved broccoli florettes, tomatoes, salami and onion. Use a vegetable peeler to shave Parmesan from the block to sprinkle on top to serve.

TIPS

- You can substitute tortellini for 350g of penne, spirals or elbow pasta.
- Salad will keep in the fridge up to 1 day. It can also be heated as a meal.





CHICKEN & VEGETABLE *Frittata*

PREP 10 MIN COOK 50 MIN SERVES 6

INGREDIENTS

10 eggs

600ml thickened cream

½ cup (50g) Perfect Italiano™ Traditional Parmesan Grated

1 garlic clove, crushed

1 spring onion, finely chopped

1 cup shredded cooked skinless chicken

60g baby spinach leaves, torn

250g tub Perfect Italiano™ Ricotta

200g punnet red grape tomatoes, halved

Salad, to serve, optional

METHOD

1. Preheat oven to 160°C / 140°C fan-forced. Grease a 1.25 litres (5 cup capacity) round pie dish or ovenproof fry pan.
2. Whisk the eggs, cream, Parmesan, garlic and onion in a large jug. Season to taste, as desired. Scatter chicken and spinach over base of prepared dish. Pour over the egg mixture. Dollop with large spoonfuls of ricotta. Top with tomatoes.
3. Bake for 50 minutes or until just set in the centre and golden on top. Set aside for 10 minutes to cool slightly. Cut into wedges and serve with a salad if you like.





CHICKEN PESTO

Panzanella Salad

PREP 15 MIN COOK 15 MIN SERVES 4

INGREDIENTS

PESTO

1/3 cup (50g) pine nuts,
toasted

3 cups fresh basil leaves

1 garlic clove, crushed

**2/3 cup (80g) Perfect
Italiano™ Traditional
Parmesan Grated**

2/3 cup (165ml) olive oil

PANZANELLA SALAD

2 large (500g) chicken
breasts, trimmed

1/2 cup (130g) pesto

500g mixed cherry tomatoes,
halved

1 (100g) small red onion,
thinly sliced

150g croutons

**1/2 cup (45g) Perfect
Italiano™ Traditional
Parmesan Shaved**

1/2 cup (approx. 1/4 bunch)
basil leaves, roughly torn

METHOD

PESTO

1. Place pine nuts, basil, garlic, Parmesan and olive oil in a small food processor and process until finely chopped. Set aside.

PANZANELLA SALAD

1. Preheat the oven to 180°C / 160°C (fan forced).
2. Coat chicken in the pesto and place into an ovenproof dish. Bake for 15 minutes, or until cooked through, set aside to cool.
3. To make the salad, combine the tomatoes and onion into a large salad bowl.
4. Shred the chicken and add to salad bowl along with croutons and half the Parmesan cheese. Toss gently to combine.
5. Drizzle over any remaining pan juices and garnish with the remaining Parmesan and torn basil.



CHOOSE THE PERFECT PARMESAN

Extra Sharp

An extra sharp Parmesan, that is matured to deliver a strong flavour.



**GRATED
EXTRA SHARP
PARMESAN**

**EXTRA SHARP
PARMESAN BLOCK**

GET THE FULL RANGE OF PRODUCTS AT PERFECTITALIANO.COM.AU



PERFECT Pasta

Enhance the flavour and creaminess to penne, pappardelle, fettuccine or any other pasta dish with a handful of parmesan.





ONE POT ITALIAN

Risoni

PREP 15 MIN COOK 15 MIN SERVES 4

INGREDIENTS

2 tbsps olive oil
2 medium onions, finely chopped
3 cloves garlic, crushed
250g punnet medley tomatoes, halved
350g risoni
2 cups chicken-style stock
500g jar tomato pasta sauce
1 ½ cups (260g) antipasto mix (pitted olives, sundried tomatoes, roasted capsicum strips and marinated artichokes), drained
125g Perfect Italiano™ Grated Parmesan Traditional
½ cup basil leaves, torn, extra leaves to serve

METHOD

1. Heat oil in a large, deep-frying pan over a medium heat. Add the onion and garlic and cook for 4 minutes, or until the onions has softened.
2. Stir in tomatoes, risoni, stock and pasta sauce. Bring to the boil. Reduce heat and simmer gently, stirring regularly, for 5 minutes. Stir in antipasto mix. Cook for a further 5 minutes, or until risoni is nearly tender then remove from heat (the risoni will continue cooking upon standing).
3. Remove from the heat. Stir in ¾ of the Parmesan and the basil.
4. Serve immediately with remaining Parmesan and basil leaves to garnish.

TIPS

- Any tomato pasta sauce can be used.
- Add ½ teaspoon chilli flakes for a spicy meal.





BACON, BROCCOLI & *Parmesan Pasta*

PREP 5 MIN COOK 15 MIN SERVES 4

INGREDIENTS

375g casarecce pasta

2 tbsps olive oil

4 rashers streaky rindless
bacon, chopped

300g broccoli, trimmed and
coarsely chopped

2 cloves garlic, crushed

**1 ⅓ cups (125 g) Perfect
Italiano™ Traditional
Parmesan Grated**

METHOD

1. Bring a large pot of salted water to the boil and cook pasta according to packet instructions. Drain, reserving ⅓ cup of the cooking water.
2. Heat oil in a large heavy based pan over medium high heat. Add bacon and cook, stirring frequently for 3 minutes or until browned.
3. Add broccoli and garlic and reduce heat to medium. Cook for a further 3 minutes or until broccoli has softened but still retains a bite.
4. Stir in cooked pasta and pasta water and toss to coat. Season to taste and stir through half the Parmesan. Serve immediately topped with remaining Parmesan.





QUICK & EASY

Fettuccine Carbonara

PREP 7 MIN COOK 10 MIN SERVES 4

INGREDIENTS

375g dried fettuccine

1 tbsp olive oil

2 garlic cloves, crushed

200g bacon, thinly sliced

2 eggs

$\frac{3}{4}$ cup (185ml) cooking cream (light thickened cream)

1 cup (125g) Perfect Italiano™ Extra Sharp Parmesan Grated

Pepper, to taste

$\frac{1}{4}$ cup fresh flat-leaf parsley, finely chopped

METHOD

1. Cook pasta in large saucepan of boiling water, until just tender following the packet instructions. Drain and return to pan over low heat
2. Meanwhile, heat oil in a medium frying pan over medium-high heat. Cook garlic and bacon, stirring, for 3-4 minutes or until crisp. Set aside.
3. Whisk eggs, cream and $\frac{3}{4}$ cup (30g) of the Parmesan in a large jug. Season with pepper. Add egg mixture and half the parsley and half the bacon mixture to pasta. Toss gently to combine and warm through (do not over heat).
4. Serve pasta topped with remaining parsley, bacon and Parmesan.





20-MINUTE *Penne Pasta*

PREP 5 MIN COOK 15 MIN SERVES 4

INGREDIENTS

500g dried penne pasta
1 carrot, peeled
1 zucchini, trimmed
1 onion, peeled and quartered
2 cloves garlic
2 tbsps olive oil
500g beef or pork mince
750ml Italian tomato and basil passata
**125g Perfect Italiano™
Traditional Parmesan
Grated**

METHOD

1. Bring a large saucepan of water to the boil and cook pasta according to packet instructions. Drain and refresh with cold water.
2. Heat oil in a large heavy based pan over high, add mince and stir breaking up any lumps until meat is browned.
3. While beef is cooking, process carrot, zucchini, onion and garlic in a food processor until finely chopped. Add vegetables to pan and cook for 2 minutes.
4. Stir in passata and mix well; bring to the boil. Reduce heat to medium simmer, uncovered for 10 minutes. Sauce should be rich and thickened. Season to taste.
5. Toss cooked penne through hot pasta sauce along with half the Parmesan. Divide amongst plates and top with remaining Parmesan.

TIP

- Use a box grater if a food processor is unavailable.





SLOW COOKED LAMB SHANK RAGU WITH Pappardelle

PREP 10 MIN COOK 3.5 HOURS SERVES 6

INGREDIENTS

2 tbsps olive oil
4 lamb shanks
1 (150g) medium onion, diced
2 cups (500ml) tomato and basil passata
1 cup (250ml) beef stock
½ cup (45g) Perfect Italiano™ Grated Parmesan
400g packet dried pappardelle
1 ¼ cups (100g) Perfect Italiano™ Extra Sharp Parmesan, shaved

METHOD

1. Pre-heat oven to 160°C / 140°C fan-forced.
2. Heat half the oil in over medium/high heat in a large stove-top and oven-proof casserole dish. Brown the shanks all over then set-aside.
3. Add remaining oil to the pan and add onion, cook for 3-4 minutes. Stir in passata and stock and bring to a simmer. Return the lamb shanks back to the casserole dish and cover with lid and slow cook in the oven for approximately 3 hours or until the meat is falling off the bone.
4. Remove the shanks from the pan and shred the lamb with two forks. Return to casserole dish to warm through. Season to taste and stir in butter and grated Parmesan. Keep warm.
5. Meanwhile, cook the pasta in a large saucepan according to packet instructions. Drain well.
6. Add pasta to ragu and stir through to coat. Transfer to a serving dish and sprinkle with shaved Parmesan.

TIPS

- This dish is ideal to make ahead and the flavour will develop too. Reheat in slow cooker on low before adding pasta.
- You can also cook this recipe in a slow cooker. Be sure to sear the shanks and cook the onion before adding to the slow cooker to enhance the flavour.

Your New Secret SEASONING

Never throw out the fiddly ends of a block of Parmesan. Keep them on hand to season your stocks and sauces for an extra umami-packed flavour-bomb.



EXTRA-CHEESY CHEESE SAUCE

Make your bechamel or cheese sauce even cheesier by simmering a chunk of parmesan cheese with the milk, then letting it infuse for 10-15 minutes. Remove from the milk and make your cheese sauce as usual.

A NEW KIND OF STOCK

Add a chunk of parmesan to whatever kind of stock you're cooking to give it a boost. You'll get a rich, deep broth brimming with flavour.



RAMP UP YOUR RISOTTO

Give your risotto an extra kick of flavour by using chunks of parmesan about halfway through the cooking time. As you add in more stock, its essence will be released while the dish bubbles away.

TOMATO RAGU LIKE NONNA WOULD MAKE

We know a good ragu needs to simmer for hours on the stove to develop that robust flavour, but what Nonna might not tell you is that she pops in a chunk of parmesan along with the meat, tomatoes and herbs for a richer taste.





CREAMY *Risotto*

The essential ingredient to take an ordinary risotto to an amazing one is the addition of a generous amount of good quality parmesan.





OVEN-BAKED CHICKEN & *Vegetable Risotto*

PREP 10 MIN COOK 35 MIN SERVES 4-6

INGREDIENTS

300g frozen beans, broccoli and carrot mix

2 tbsps olive oil

1 brown onion, finely chopped

2 garlic cloves, crushed

1 ½ cup (300g) Arborio rice

4 cups (1Ltr) salt-reduced chicken stock

2 (500g) chicken breast fillets, thickly sliced

½ cup frozen peas

25g Western Star Original Salted Butter, chopped

1 cup (125 g) Perfect Italiano™ Extra Sharp Parmesan Grated

METHOD

1. Preheat the oven to 200°C / 180°C fan-forced. Remove frozen vegetables from freezer to thaw slightly.
2. Heat half the oil in a large flameproof, ovenproof dish over medium-high heat. Add the chicken and cook for 3 minutes or until golden brown. Remove from pan.
3. Heat remaining oil in dish. Add onion and garlic and cook, stirring, for 3-4 minutes or until softened. Add rice and cook, stirring, for 1 minute.
4. Add stock and bring to the boil. Cover. Transfer to oven. Bake for 15 minutes. Remove from oven. Stir in vegetable mix and peas. Bake, uncovered, for 10 minutes or until rice is tender and liquid absorbed.
5. Stir in butter and ¾ cup (100g) of the Parmesan until melted and combined. Return chicken to the pan. Scatter with remaining Parmesan and return to oven to cook for 5 minutes or until cheese has melted.





ROAST PUMPKIN & *Spinach Risotto*

PREP 15 MIN COOK 50 MIN SERVES 4

INGREDIENTS

400g pumpkin, peeled and cut into 2cm cubes

60ml (¼ cup) olive oil

1 brown onion, finely diced

1 ½ cups (300g) Arborio rice

1.25Ltrs (5 cups) good-quality vegetable stock, warmed

100g baby spinach leaves

40g butter

1 cup (90g) Perfect Italiano™ Parmesan Grated, plus extra to serve

METHOD

1. Preheat oven to 200°C / 180°C fan forced. Place pumpkin on an oven tray and drizzle with one tablespoon of olive oil. Toss to coat and roast for 20 minutes or until golden brown.
2. Heat oil in a large pan and cook onion until soft. Add rice and cook for a few minutes or until it becomes glassy. Add a cup of the hot stock to the rice and stir until absorbed. Add the stock half a cup at a time, allowing the stock to be absorbed while mixing before adding more stock. Continue doing this until the rice is cooked (it should be firm to the bite).
3. Stir in the pumpkin. Add the butter and Parmesan and stir through until melted. Season to taste and remove from heat.
4. Stir in the spinach and serve topped with extra Parmesan, as desired.





PARMESAN PESTO

Risotto

PREP 10 MIN COOK 30 MIN SERVES 4-6

INGREDIENTS

PERFECT BASIL PESTO

1/3 cup (80g) pine nuts,
toasted

3 cups fresh basil leaves

1 garlic clove, roughly
chopped

**2/3 cup (80g) Perfect
Italiano™ Extra Sharp
Parmesan Grated**

2/3 cup (165ml) olive oil

RISOTTO

4 cups (1Ltr) salt-reduced
chicken stock

1 tbsp olive oil

1 brown onion, thinly sliced

1 1/2 cups (300g) Arborio
rice

1/2 cup (125g) drained sun-
dried tomato strips

3 cups (60g) baby spinach
leaves

**1/3 cup (40g) Perfect
Italiano™ Extra Sharp
Parmesan Grated**

METHOD

PERFECT BASIL PESTO

1. Make the pesto by placing the pine nuts, basil, garlic, Parmesan and olive oil in a small food processor and whizz until finely chopped. Set aside.

RISOTTO

1. Place stock in a medium saucepan. Bring to the boil over high heat. Reduce heat to low. Simmer until required.
2. Meanwhile, heat the oil in a large saucepan over medium heat. Cook onion, stirring, for 3-4 minutes or until softened. Add rice and stir to coat. Add 1 ladle stock to rice. Cook, stirring with a wooden spoon, until liquid is absorbed. Repeat with remaining stock, 1 ladle at a time until all the stock has been absorbed and the rice is al dente or cooked to your liking.
3. Add tomato, spinach and half the pesto to risotto. Cook, stirring, for 1 minute or until spinach has wilted. Season to taste. Serve topped with Parmesan and a little of the remaining pesto, if desired.



Main EVENT

Packed with an abundance of flavour, these meals are made to impress!





CREAM OF MUSHROOM *Chicken*

PREP 20 MIN COOK 1 HOUR SERVES 4

INGREDIENTS

1/3 cup plain flour
1 tbsp ground paprika
6 (1.4kg) chicken thigh cutlets
1/3 cup olive oil
200g shortcut bacon, cut into thin strips
2 onions, thinly sliced
300g button mushrooms, thickly sliced
4 cloves garlic, crushed
420g can Condensed Cream of Mushroom Soup
1/2 cup pure cream
1 tsp chicken stock powder
1 tbsp Dijon mustard
125g Perfect Italiano™ Extra Sharp Grated Parmesan
1 bunch chives, sliced
Steamed broccolini, to serve

METHOD

1. Preheat oven to 200°C / 180°C fan-forced. Place flour and paprika onto a large plate. Season to taste. Lightly dust chicken all over.
2. Heat half of the oil in a large, deep frying pan over a medium-high heat. Sear chicken for 8 minutes until brown all over. Transfer to a roasting pan. Cover with foil and roast in oven for 30-35 minutes or until cooked through.
3. Meanwhile; heat remaining oil in same frying pan over a medium-high heat. Add bacon and onions to pan. Cook, stirring for 8 minutes or until golden. Add mushrooms and garlic. Cook for further 8 minutes or until mushrooms are tender. Stir in soup, cream, 1/2 cup water, stock powder and Dijon until combined. Bring to a simmer. Stir in half a packet of Parmesan to sauce until melted.
4. Return chicken to pan and spoon over sauce. Simmer on medium heat for 7-8 minutes until thickened. Top chicken with remaining Parmesan and a sprinkle of fresh chives. Serve with steamed broccolini.

TIPS

- Any type of mushroom or selection of mushrooms can be used for this recipe.
- This dish can be frozen. Thaw and add extra water on reheating.





CLASSIC BEEF *Lasagne*

PREP 30 MIN COOK 1 HOUR 45 MIN (15 SETTING) SERVES 8

INGREDIENTS

BASIC BOLOGNESE SAUCE

- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 celery stalks, finely chopped
- 2 garlic cloves, crushed
- 1kg beef mince
- ½ cup (110g) tomato paste
- ¾ cup (185ml) stock or red wine
- 1 x 400g can diced tomatoes
- 1 x 700g bottle tomato passata

BECHAMEL SAUCE

- 1 Ltr (4 cups) milk
- 1 brown onion, halved, coarsely chopped
- 8 fresh parsley stalks
- 8 whole black peppercorns
- 4 whole cloves
- 2 bay leaves
- 3 tbsp (60g) Western Star Original Butter
- ⅓ cup (50g) plain flour
- 1 cup (100g) Perfect Italiano™ Traditional Parmesan Grated**
- Pinch ground nutmeg

LASAGNE

- Olive oil, extra, to grease
- 5 fresh lasagne sheets
- 1 cup (90g) Perfect Italiano™ Mozzarella**
- Mixed salad leaves, to serve



CLASSIC BEEF *Lasagne*

METHOD

BASIC BOLOGNESE SAUCE

1. To make the Bolognese, heat the oil in a large heavy based saucepan over medium heat. Add the onion, celery and garlic and cook, stirring, for 5 minutes or until onion softens. Add mince and cook, stirring to break up lumps for 5 minutes or until browned.
2. Add the tomato paste and stock or red wine to mince mixture and bring to the boil. Reduce heat and simmer for 5 minutes or until stock or wine reduces slightly.
3. Add the diced tomato and passata and simmer, stirring occasionally, for 45 minutes or until sauce thickens.

TIPS

- Bolognese recipe makes approximately 7 cups (1¾ litres) of sauce.

BECHAMEL SAUCE

1. Meanwhile, to make the bechamel sauce, combine the milk, onion, parsley stalks, peppercorns, cloves and bay leaves in a medium saucepan and bring to a simmer over medium heat. Remove from heat and set aside for 15 minutes to infuse. Strain the milk mixture through a fine sieve into a large jug. Discard solids.
2. Melt the butter in a large saucepan over medium-high heat until foaming. Add the flour and cook, stirring, for 1-2 minutes or until mixture bubbles and begins to come away from the side of the pan. Remove from heat.

3. Add half of the milk mixture, whisking continuously. Place pan back on medium-high heat. Whisk until thick. Add the rest of the milk, whisking continuously to avoid lumps. Bring the sauce to a boil. Reduce the heat and simmer for five minutes, using a wooden spoon or spatula to stir continuously.
4. Add the Parmesan and stir until cheese melts. Add nutmeg and season to taste, as desired.

TIP

- Bechamel sauce makes about 5 cups or 1¼ litres.

LASAGNE

1. Preheat oven to 180°C / 160°C fan-forced. Brush a rectangular 3L (12 cup capacity) ovenproof dish with oil to lightly grease.
2. Spread ¼ of the bechamel over the base of the prepared dish. Arrange lasagne sheet over the sauce. Top with ⅓ of the bolognese and ⅓ of the remaining bechamel. Continue layering with the remaining lasagne sheets, bolognese and bechamel, finishing with a layer of bechamel. Sprinkle with Mozzarella.
3. Bake in preheated oven for 40 minutes or until cheese melts, is golden brown, and the edges are bubbling. Remove from oven and set aside for at least 15 minutes to set.
4. Cut the lasagne into 8 portions and serve with mixed salad leaves.

TIP

- The longer you allow the lasagne to rest, the easier it will be to cut and serve.





CREAMY MUSHROOM *Gnocchi*

PREP 15 MIN COOK 25 MIN SERVES 4

INGREDIENTS

½ cup olive oil
500g fresh potato or pumpkin gnocchi
1 onion, finely chopped
3 cloves garlic, crushed
200g button mushrooms, sliced
150g zucchini, thinly sliced
300mls pure cream
10g chicken stock powder
2 tsp Dijon mustard
½ cup water
120g bag baby spinach leaves
Finely grated rind of half a lemon (optional)
125g Perfect Italiano™ Shaved Parmesan
Mixed leaf salad to serve

METHOD

1. Heat half the oil in a large, deep-frying pan over medium heat. Add gnocchi. Cook, turning occasionally for 10 minutes, or until golden. Remove to a plate.
2. Add remaining oil, onion, garlic and mushrooms to same hot pan. Cook, stirring for 8 minutes, or until soft. Add zucchini and cook for 2 minutes until soft. Add cream, stock cube, Dijon and water. Bring to the boil. Boil for 2 minutes.
3. Return gnocchi to pan. Cook for 2-3 minutes. Stir in spinach, rind and ¾ of the shaved Parmesan. Season to taste.
4. Serve gnocchi topped with remaining Parmesan alongside a mixed leaf salad.

TIPS

- Sprinkle freshly grated nutmeg over gnocchi before serving.
- Sliced asparagus or frozen peas can also be added when the gnocchi is returned to the pan.





PARMESAN CRUSTED CHICKEN DRUMSTICKS

Parmigiana

PREP 15 MIN COOK 35 MIN SERVES 4

INGREDIENTS

2 eggs

1 ½ cups (135g) panko
breadcrumbs

**1 cup (30g) Perfect
Italiano™ Extra Sharp
Parmesan, finely grated**

8 medium chicken
drumsticks, skin on

⅓ cup (80ml) vegetable oil

700g tomato passata with
basil and oregano

**200g Perfect Italiano™
Perfect Melt cheese**

METHOD

1. Preheat the oven to 200°C / 180°C fan forced. Line a baking tray with baking paper.
2. Lightly whisk the eggs in a shallow dish with ¼ cup water.
3. In a large mixing bowl combine the panko breadcrumbs and Parmesan and season to taste.
4. Working with one drumstick at a time, dip in the egg, then breadcrumb mixture, pressing the crumbs on gently with your fingertips to coat. Set aside.
5. Heat half of the oil in a large frying pan, over medium-high heat. Cook half of the drumsticks for 3 minutes on each side, or until golden and crisp. Transfer to the lined tray and repeat with the remaining oil and chicken.
6. Meanwhile, spread the tomato passata over the base of a 1.5 litre (6 cup capacity) ovenproof dish. Arrange the drumsticks over the tomatoes and top with Perfect Melt cheese.
7. Return to the oven and bake for 15-20 minutes, or until the cheese is melted and chicken is cooked and golden. Serve warm with a fresh salad.





CHICKEN MEATBALLS IN A CREAMY *Mushroom Sauce*

PREP 10 MIN COOK 15 MIN SERVES 4

INGREDIENTS

1 x 500g packet dried fettuccine

500g chicken mince

1 ½ cups soft fresh breadcrumbs (see tips)

1 egg, lightly whisked

250g tub Perfect Italiano™ Ricotta

1 garlic clove, crushed

1 cup (100g) Perfect Italiano™ Traditional Parmesan Grated

2 tbsp olive oil

150g cup button mushrooms, thickly sliced

150g brown mushrooms, quartered

300ml thickened cream

2 tbsp Worcestershire sauce

Finely chopped flat-leaf parsley, to serve

METHOD

1. Cook the fettuccini according to packet instructions. Drain and then set aside.
2. Combine the chicken mince, breadcrumbs, egg, ricotta, garlic and ⅔ cup of the Parmesan in a large bowl. Season to taste. Shape into 16 meatballs.
3. Heat half the oil in a large non-stick fry pan over medium - high heat. In 2 batches, cook meatballs, turning occasionally, for 5 minutes or until browned all over. Transfer to a plate.
4. Heat remaining oil in pan. Add mushrooms and cook, stirring occasionally, for 8 minutes or until tender. Add cream, remaining Parmesan and Worcestershire sauce and bring to the boil. Reduce heat to medium. Add meatballs and cook for 5 minutes or until meatballs are cooked through and sauce thickens slightly.
5. Add cooked pasta to the sauce and serve sprinkled with parsley.

TIPS

- To freeze meatballs, cook completely at end of step 2. Cool and place in resealable plastic food storage bags. Label, date and freeze for up to 3 months. Thaw in fridge overnight. Reduce cooking time in step 3 to 3 minutes.
- Fresh breadcrumbs help to keep the meatballs moist and from falling apart during cooking. Simply process 3 slices of day-old bread for the breadcrumbs.



GET ALL THE *Cookbooks*

Explore a world of flavours, from authentic Mexican dishes to comforting bakes and creamy pasta and risottos enriched with parmesan. Unleash your creativity and create the perfect cheesy meals that everyone will enjoy!

Perfect ITALIANO

Perfect Pizza COOKBOOK

PIZZA DOUGH, PIZZA SNACKS AND ESSENTIAL TOPPINGS

DOWNLOAD NOW!
SCAN CODE OR FOLLOW THE LINK

Perfect ITALIANO

Perfect Mexican COOKBOOK

AUTHENTIC TACOS, BURRITOS, NACHOS AND MORE

DOWNLOAD NOW!
SCAN CODE OR FOLLOW THE LINK

Perfect ITALIANO

Perfect Ricotta COOKBOOK

SCRUMPTIOUS BRUNCH, LUNCH, DINNER AND DESSERTS

DOWNLOAD NOW!
SCAN CODE OR FOLLOW THE LINK

Perfect ITALIANO

Perfect Bakes COOKBOOK

QUICK AND EASY BAKES TO SATISFY EVERY TASTE

DOWNLOAD NOW!
SCAN CODE OR FOLLOW THE LINK

FOR MORE RECIPES VISIT PERFECTITALIANO.COM.AU



PERFECT FOR THAT

PERFECTITALIANO.COM.AU