



### Product Spotlight: Parmesan

Parmesan is a delicious, nutty, sweet, and salty hard cheese that works well with the crumb in this dish.



## Parmesan Crusted Chicken with Sweet Potato Chips

Oven-baked chicken tenderloins with a crunchy panko and parmesan crust served with sweet potato chips and aioli dipping sauce.



25 minutes



2 servings



Chicken

14 July 2023

## Switch it up!

*You can make chicken fingers instead! Coat tenderloins with the crumb mixture, and pan-fry until golden and cooked through!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	62g	60g	65g

## FROM YOUR BOX

SWEET POTATOES	400g
BABY COS LETTUCE	1
TOMATO	1
LEBANESE CUCUMBER	1
PARMESAN CHEESE	1 packet
PANKO CRUMBS	1 packet (20g)
CHICKEN TENDERLOINS	300g
AIOLI	100g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

## KEY UTENSILS

2 oven trays

## NOTES

Toss the parmesan through the salad or sprinkle it over the chips for the last 5 minutes of cooking time if preferred.

**No gluten option** – panko crumbs are replaced with almond meal.



### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut sweet potatoes into chips and toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until golden and cooked through.



### 2. PREPARE THE SALAD

Tear and rinse lettuce leaves. Slice tomatoes and cucumber. Set aside.



### 3. PREPARE THE CRUMB

Combine **1/2 tsp oregano**, **1/2 cup parmesan cheese**, panko crumbs and **2 tbsp olive oil** in a bowl.



### 4. BAKE THE CHICKEN

Place chicken on a lined oven tray. Season with **salt and pepper**. Press even amounts of crumb on top. Bake in oven for 10–12 minutes or until golden and chicken is cooked through.



### 5. PREPARE THE SAUCE

Combine **1/4 cup parmesan cheese** with aioli to make a dipping sauce (see notes).



### 6. FINISH AND SERVE

Serve crusted chicken with sweet potato chips, salad and dipping sauce.



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