

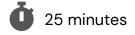




Parmesan Crusted Chicken

with Sweet Potato Chips

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





2 servings Chicken



Switch it up!

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

PROTEIN TOTAL FAT CARBOHYDRATES 62g 65g

60g

FROM YOUR BOX

SWEET POTATOES	400g
BABY COS LETTUCE	1
ТОМАТО	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.



How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



