



### 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

## 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** 53g **TOTAL FAT** 38g **CARBOHYDRATES** 39g

## FROM YOUR BOX

SWEET POTATO	400g
BABY COS LETTUCE	1
TOMATO	1
LEBANESE CUCUMBER	1
PARMESAN CHEESE	1 packet
PANKO CRUMBS	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 quinoa flakes.



### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

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



### 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.



### 2. PREPARE THE SALAD

Tear and rinse **lettuce leaves**. Slice **tomato** and **cucumber**. Set aside.



### 5. PREPARE THE SAUCE

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



### 3. PREPARE THE CRUMB

Measure out **1/4 cup parmesan cheese** and set aside for step 5.

Combine **remaining parmesan** with **1 tsp oregano, panko crumbs** and **2 tbsp olive oil** in a bowl.



### 6. FINISH AND SERVE

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



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