

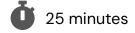




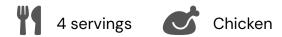
Parmesan Crusted Chicken

with Sweet Potato Chips

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







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

35g

FROM YOUR BOX

SWEET POTATOES	800g
BABY COS LETTUCE	1
TOMATOES	2
LEBANESE CUCUMBER	1
PARMESAN CHEESE	1 packet
PANKO CRUMBS	40g
CHICKEN TENDERLOINS	600g
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 you prefer.

No gluten option - panko crumbs are replaced with quinoa flakes.





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

Measure out <u>1/4 cup parmesan cheese</u> and set aside for step 5.

Combine remaining parmesan with 1 tsp oregano, 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 reserved 1/4 cup of 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



