



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



4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	51g	30g/36g	43g/48g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
BABY COS LETTUCE	1	2
TOMATOES	2	3
LEBANESE CUCUMBER	1	2
PARMESAN CHEESE	1 packet	1 packet
PANKO CRUMBS	2 x 20g	3 x 20g
CHICKEN TENDERLOINS	600g	600g + 300g
AIOLI	100g	2 x 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.



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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.



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 **tomatoes** 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 1–2 **tsp oregano, panko crumbs** and 2 **tbsp olive oil** in a bowl.

6P – measure out **1/3 cup parmesan cheese** and set aside for step 5.



6. FINISH AND SERVE

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

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