



hello@hellofresh.com.au | (02) 8188 8722
HelloFresh.com.au

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Parmesan Chicken with Green Beans & Sweet Potato Fries

If your cravings are in your ear, demanding “winner, winner, chicken dinner!”, then it’s time to reach for this recipe. After making these delicious homemade chicken nuggets with crunchy Parmesan coating and sweet potatoes fries, you’ll never look back at the weird mystery meat pre-made versions again.

 **Prep:** 15 mins
 **Cook:** 40 mins
Total: 55 min

 level 2

 helping hands

 eat me early

Pantry Items



Olive Oil



Egg



Sweet Potatoes



Green Beans



Chicken Breast



Lemon



Panko Breadcrumbs





Parmesan Cheese




Parsley

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QTY	Ingredients
800 g	sweet potatoes, unpeeled & cut into 2 cm fries
1/3 cup	olive oil *
300 g	green beans, trimmed
1 cup	panko breadcrumbs
1 block	Parmesan cheese, grated
1/2 bunch	parsley, leaves finely chopped 
1	lemon, zested & sliced into wedges 
1	egg, whisked (or 1/4 cup milk) *
700 g	chicken breast, sliced in half horizontally & then into 3 cm strips

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2400	Kj
Protein	50.4	g
Fat, total	22.2	g
-saturated	6.7	g
Carbohydrate	39	g
-sugars	12.6	g
Sodium	306	mg



You will need: *chef's knife, chopping board, large frying pan, baking paper lined oven tray, tongs, grater, two medium bowls, two plates, and paper towel.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Place the **sweet potato** on the prepared oven tray in a single layer. Drizzle with 1 tablespoon of **olive oil** and season with **salt** and **pepper**. Cook the sweet potato in the oven for **30 minutes**. Add the **green beans** to the tray and season with salt and pepper. Cook for a further **10 minutes** until the sweet potato is golden and crispy. Set aside.

3 Meanwhile, in a medium bowl combine the **panko breadcrumbs**, grated **Parmesan cheese**, **parsley** and half of the **lemon zest**. Season with salt and pepper. In a separate bowl place the **egg** with a splash of water.

4 Now crumb the chicken, first dip the **chicken breast strips** in the bowl of egg and then in the crumb mixture, ensuring all sides are coated. Place the strips on a plate. Heat a large frying pan over a high heat with half the olive oil. Cook half of the chicken pieces for **3-4 minutes** on each side or until the chicken is cooked through and the crust is golden. Place the cooked chicken on a plate with paper towel to soak up excess oil. Wipe down the pan and repeat the process with the remaining olive oil and chicken pieces.

5 To serve, divide the green beans and the sweet potato between plates and top with the crispy chicken. Serve with the **lemon wedges**. Enjoy!

Did you know? The Ancient Greeks believed that parsley sprung from the blood of Archimedes after he slayed a dragon.

