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Parmesan Crusted Chicken with Snow Peas & Sweet Potato

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 mins

 level 1
 helping hands
 eat me early

Pantry Items



Olive Oil

Eggs



Sweet Potato



Zucchini



Panko Breadcrumbs



Parmesan Cheese



Parsley



Lemon



Chicken Breast




Snow Peas


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QTY	Ingredients
800 g	sweet potato, unpeeled & cut into fries
1/3 cup	olive oil *
2	zucchini, sliced into batons
1 packet	panko breadcrumbs
1 block	Parmesan cheese, finely grated
1/2 bunch	parsley, leaves finely chopped  
1	lemon, zested & sliced into wedges
1	egg, whisked *
4-5 fillets	chicken breast, sliced in half horizontally & then into 3 cm strips
400 g	snow peas, trimmed & destringed

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2600	Kj
Protein	52.6	g
Fat, total	26	g
-saturated	7.2	g
Carbohydrate	39.4	g
-sugars	16.4	g
Sodium	295	mg



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

1 Preheat the oven to **200°C/180°C fan-forced**. Bring a small saucepan of water to the boil.

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 **15 minutes**, then remove the tray, add the **zucchini** and stir to coat the zucchini in oil. Return the tray to the oven and continue cooking for a further **15 minutes**, or until the 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 medium bowl place the **egg** with a splash of water.

4 Now crumb the **chicken breast**. 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 the remaining 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 Meanwhile, place the **snow peas** in the saucepan of boiling water for **2-3 minutes**. Drain.

6 To serve, divide the snow peas and the roasted sweet potato and zucchini between plates and top with the crispy chicken. Serve with the lemon wedges. Enjoy!

