

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







Sweet Potato



Zucchini



Panko Breadcrumbs



Parmesan Chees



Parsley



Lemon



Chicken Breast



Snow Peas

QTY	Ingredients
800 g	sweet potato, unpeeled & cut into fries
⅓ cup	olive oil *
2	zucchini, sliced into batons
1 packet	panko breadcrumbs
1 block	Parmesan cheese, finely grated
½ 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 & destrung

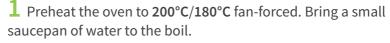
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	Pre-preparation					
)	Nu	trition per	serve			
	Ene	ergy	2600	Kj		
	Pro	tein	52.6	g		
	Fat	, total	26	g		
S	-S	aturated	7.2	g		
	Car	hohydrate	39 4	σ		

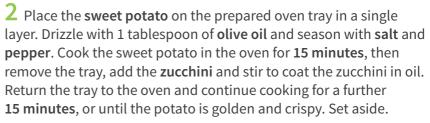
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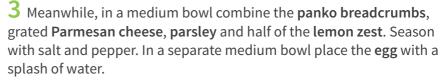
-sugars Sodium



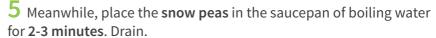
You will need: chef's knife, chopping board, box grater, zester, small saucepan, large frying pan, oven tray lined with baking paper, tongs, two medium bowls, two plates and paper towel.







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.



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!





