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WK52
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Parmesan Crusted Chicken and Sweet Potato Fries

The grown-up version of chicken nuggets that will leave the kiddos begging for more. Chicken breasts are crusted with Parmesan and Panko breadcrumbs for a cheesy and salty crunch. It's served with lovely sweet potato fries for a sweet kick.

 **Prep:** 15 mins
 **Cook:** 40 mins
 **Total:** 55 mins
 level 1
 eat me first
 nut free

Pantry Items



Olive Oil



Egg



Sweet Potato



Green Beans



Panko Breadcrumbs



Parmesan Cheese





Lemon




Free Range Chicken Breast


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QTY	Ingredients	
800 g	sweet potato, unpeeled & cut into fries	
1/3 cup	olive oil *	
1 packet	green beans, ends trimmed	
1 packet	panko breadcrumbs	
1 block	Parmesan cheese, finely grated	
1/2	lemon, zested & sliced into wedges	
1	egg, whisked *	
4-5 fillets	free range chicken breast, sliced into 2 cm strips	

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2390	Kj
Protein	50	g
Fat, total	22.2	g
-saturated	6.7	g
Carbohydrate	39.4	g
-sugars	12.2	g
Sodium	305	mg



You will need: *chef's knife, chopping board, box grater, zester, fork or whisk, small saucepan, oven tray lined with baking paper, tongs, two medium bowls, two plates, large frying pan 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 the **olive oil** and season with **salt** and **pepper**. Cook the sweet potato in the oven for **15 minutes**, then remove the tray, add the **green beans** and stir to coat in the 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** 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 To serve, divide the roasted sweet potato and green beans between plates and top with the crispy chicken. Serve with the **lemon wedges**. Enjoy!

Did you know? Lemons are technically berries.

