



# Parmesan-Crumbed Chicken

## with Sweet Potato Fries

Grab your Meal Kit with this symbol



Sweet Potato



Green Beans



Carrot



Garlic



Lemon



Chicken Breast



Garlic & Herb Seasoning



Panko Breadcrumbs



Grated Parmesan Cheese



Garlic Aioli

Hands-on: **25-35** mins  
Ready in: **30-40** mins

Eat me early

How can you improve on a classic crumbed chicken? We asked ourselves that very question and found the answer – add cheesy flavour right into the golden crumb coating! With colourful sides of sweet potato and sautéed veggies, this chicken ended up even better than we imagined!

### Pantry items

Olive Oil, Plain Flour, Egg

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
green beans	1 bag (200g)	1 bag (400g)
carrot	1	2
garlic	1 clove	2 cloves
lemon	½	1
chicken breast	1 small packet	1 large packet
plain flour*	1 tbs	2 tbs
garlic & herb seasoning	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	½ packet	1 packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3339kJ (798Cal)	485kJ (115Cal)
Protein (g)	50.2g	7.3g
Fat, total (g)	38.8g	5.6g
- saturated (g)	8.3g	1.2g
Carbohydrate (g)	55.7g	8.1g
- sugars (g)	22.6g	3.3g
Sodium (mg)	1066mg	155mg

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Bake the sweet potato fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm fries. Place the **sweet potato** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake on the top rack until tender, **20-25 minutes**.

**TIP:** Cut the sweet potato to the correct size so they cook in the allocated time.

**TIP:** If your oven tray is crowded, separate across two trays.



## 2. Get prepped

While the fries are baking, trim the **green beans**. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). Slice the **lemon** (see ingredients list) into wedges. Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm thick.



## 3. Crumb the chicken

In a shallow bowl, combine the **plain flour**, **garlic & herb seasoning**, the **salt** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** (see ingredients list), **grated Parmesan cheese** and season with **salt** and **pepper**. Dip the **chicken breast** into the **flour mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.



## 4. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Once the oil is hot, add the **green beans** and **carrot** and cook, tossing, until tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper** and **squeeze** in **lemon juice** to taste. Transfer to a plate and cover to keep warm.



## 5. Fry the chicken

Return the pan to a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add the **crumbed chicken** and fry until golden on the outside and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel and season with **salt** and **pepper**.

**TIP:** Add extra oil if needed so the chicken doesn't stick to the pan.



## 6. Serve up

Thickly slice the chicken. Divide the Parmesan-crumbed chicken, sweet potato fries and veggies between plates. Serve with the **garlic aioli** and any remaining lemon wedges.

**Enjoy!**