



# Parmesan Chicken Strips

with Roast Sweet Potato, Pear-Rocket Salad & Smokey Aioli

Grab your Meal Kit with this symbol



Sweet Potato



Panko Breadcrumbs



Grated Parmesan Cheese



Chicken Tenderloin



Pear



Cucumber



Spinach & Rocket Mix



Smokey Aioli

Hands-on: **30-40** mins  
Ready in: **35-45** mins

Eat me early

We're upping the ante on classic crumbed chicken by combining Parmesan with panko breadcrumbs for plenty of flavour and crunch, then throwing in a tantalising smoky aioli for dipping.

### Pantry items

Olive Oil, Plain Flour, Egg, Balsamic Vinegar



## Before you start

Our fruit and veggies need a little wash first!

### 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
plain flour*	2 tbs	½ cup
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken tenderloin	1 packet	1 packet
pear	½	1
cucumber	1	2
spinach & rocket mix	1 bag (60g)	1 bag (120g)
balsamic vinegar*	2 tsp	1 tbs
smokey aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3820kJ (912Cal)	570kJ (136Cal)
Protein (g)	57.7g	8.6g
Fat, total (g)	46.5g	6.9g
- saturated (g)	7.6g	1.1g
Carbohydrate (g)	64.8g	9.7g
- sugars (g)	21.7g	3.3g
Sodium (g)	1470mg	220mg

### Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



## 1. Roast the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 2cm chunks. Place the **sweet potato** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

**TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time.



## 2. Set up a crumbing station

While the sweet potato is roasting, combine the **plain flour**, **salt** and a **good pinch** of **pepper** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** and **grated Parmesan cheese**.



## 3. Crumb the chicken

Dip a handful of the **chicken tenderloins** into the seasoned **flour**, followed by the **egg**, and finally in the **Parmesan-breadcrumbs**. Transfer to a plate and repeat with the **remaining chicken**.

**TIP:** Minimise mess by keeping one hand as your 'dry' hand and one hand as your 'wet' hand.



## 4. Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/2** the **chicken** and fry until cooked through and golden, **2-3 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the **remaining chicken**.

**TIP:** Add extra oil between batches if needed.



## 5. Make the salad

While the chicken is cooking, thinly slice the **pear** (see ingredients list). Thinly slice the **cucumber** into half-moons. In a medium bowl, combine the **pear**, **cucumber**, **spinach & rocket mix**, **balsamic vinegar** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people).



## 6. Serve up

Divide the roasted sweet potato, pear-rocket salad and Parmesan chicken strips between plates. Serve with the **smokey aioli**.

**Enjoy!**