

Parmesan Chicken and Coleslaw

with Sweet Potato Wedges

hellóchef

You can't beat crispy chicken!

Cals 885 • Prot 56 • Carbs 98 • Fat 32

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🕒 cook: 45 min

R2287



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
Grated Parmesan 4*	30	45	60	Grams
Lemon	1	1	2	Piece
Organic Eggs 5*	1	2	2	Piece
Panko bread crumbs 10*, 11*, 12*	60	90	120	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Vegetable oil	2	3	4	Tbsp

Sweet potato wedges

Sweet potatoes	600	800	1200	Grams
Vegetable oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp

Coleslaw

Carrot	1	2	2	Piece
White cabbage	300	450	600	Grams
Mayonnaise 5*, 9*, 13*	50	75	100	Grams
Dijon mustard 13*	6	9	12	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Fresh chives	15	15	30	Grams

Allergens

***4 Milk, *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *9 Soya, *13 Mustard**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	3703 / 885
Fat (g)	31.5
of which saturates (g)	5.7
Carbohydrate (g)	98
of which sugars (g)	23.3
Fiber (g)	17.5
Protein (g)	56.1
Salt (g)	1.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast sweet potatoes

Preheat the oven to 220°C/200°C fan. Slice the **sweet potatoes** (skins on) into wedges. Add the wedges to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the wedges in the **oil** until they are fully coated. Roast in the oven for 30 min or until golden and crisp.



2 Prep coating

Meanwhile, zest the **lemon** with a fine blade. Wrap the **chicken breasts** in cling film. Using a rolling pin, gently bash the **chicken** until halved in thickness. Crack the **eggs** into a bowl and whisk. Combine the **bread crumbs, grated Parmesan, lemon zest, salt** and **pepper** in a second bowl.



3 Coat chicken

Pat the **chicken breasts** dry and dip them in the **egg**, then coat them in the **bread crumbs**. Refrigerate until step 5.



4 Make coleslaw

Peel and grate the **carrots**. Slice or shred the **white cabbage** as finely as possible. In a bowl, combine the **carrot, cabbage, mayonnaise, mustard** and [1/1.5/2] Tbsp of freshly squeezed **lemon** juice with a pinch of **salt** and **pepper**.



5 Fry chicken

Heat a pan over a medium heat with a generous drizzle of **vegetable oil**. Add the coated **chicken** and reduce the heat to low. Fry for 3 min on either side or until golden and crispy.

Tip! Once you've added the coated chicken to the pan, reduce the heat to low. Don't move the chicken around until you're ready to flip it. If it starts to brown too quickly, remove the pan from the heat for a while.



6 Serve

Chop the **chives** finely. Serve the **chicken** alongside the **sweet potato wedges** and **coleslaw**. Garnish with the **chives**.