

Every
Plate



TUSCAN CRUMBED CHICKEN

with Sweet Potato & Pear Salad

READY IN
30-40 MINS

EAT ME EARLY

PANTRY ITEMS

Olive Oil · Plain Flour · Egg ·
Honey · Vinegar (White Wine
or Balsamic) · Mayonnaise

YOU'LL NEED

Oven tray lined with baking
paper · Large frying pan



Sweet Potato



Chicken Breast



Tuscan
Seasoning



Panko
Breadcrumbs



Pear



Baby Spinach
Leaves

BEFORE YOU START

Wash your hands for 20 seconds before you get cooking. You should also wash fruits and veggies!

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INGREDIENTS	2 P	4 P
olive oil*	refer to method	refer to method
sweet potato	2	4
chicken breast	1 small packet	2 small packets OR 1 large packet
plain flour*	1/2 tbs	1 tbs
Tuscan seasoning	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pear	1	2
honey*	1 tsp	2 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
baby spinach leaves	1 medium bag	1 large bag
mayonnaise*	2 tbs	1/4 cup

*Pantry Items

COOKING FOR A CROWD?

- If you're cooking for 6P, cook meat and veggies in batches for the best results.



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NUTRITION

	Per Serving	Per 100g
Energy (kJ)	2604kJ (622Cal)	490kJ (117Cal)
Protein (g)	46.7g	8.8g
Fat, total (g)	19.7g	3.7g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	61.3g	11.5g
- sugars (g)	20.8g	3.9g
Sodium (mg)	1115mg	210mg

The quantities provided above are averages only.

ALLERGENS

For allergens and ingredient information, visit everyplate.com.au/foodinfo

1.



ROAST SWEET POTATO

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into large chunks and place on the lined oven tray. Season with **salt** and drizzle with **olive oil**.
- Toss to coat and roast until tender, **20-25 mins**.

2.



CRUMB CHICKEN

- Meanwhile, place **chicken** between 2 sheets baking paper. Using a meat mallet or rolling pin, pound **chicken** until about 1cm thick.
- In a shallow bowl, combine **plain flour**, **Tuscan seasoning** and a good pinch of **salt** and **pepper**. In a second shallow bowl, whisk **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** into **flour mixture**, followed by **egg**, and finally in **breadcrumbs**. Set aside on a plate.

3.



COOK CHICKEN

- Heat a large frying pan over medium-high heat and add enough **olive oil** to coat the base.
- When oil is hot, fry **chicken** until cooked through, **3-4 mins** each side. Transfer to a paper towel-lined plate.

4.



MAKE SALAD & SERVE!

- Meanwhile, cut **pear** into thin slices. In a large bowl, combine **honey** and a drizzle of **olive oil** and **vinegar**. Add **baby spinach** and **pear** and toss to combine. Season to taste.
- Divide **crumbed chicken**, **sweet potato** and **salad** between plates. Serve with **mayo**.