



for the
little ones

Sweet
Potato



CoLeSLaw
(Dressed
with Mayo)

Chicken Bites

Chicken PaRma tRay



40 Minutes



Chicken



2 Servings

Golden crumbed chicken topped with rich tomato sugo and melty mozzarella. Served with sweet potato and a crunchy cabbage slaw.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	24g	43g

FROM YOUR BOX

SWEET POTATO	400g
PANKO CRUMBS	40g
CHICKEN SCHNITZELS	300g
TOMATO SUGO	1 jar
MOZZARELLA BALL	1 tub
COLESLAW	250g

FROM YOUR PANTRY

oil for cooking, salt, pepper, flour (plain or other), white wine vinegar, sugar, oregano

COOKING TOOLS

large frypan, oven tray x 2

Serve chicken and salad in rolls for easy burgers. Use the leftover mozzarella and sugo for pizzas or pasta!

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option - panko crumbs are replaced with GF breadcrumbs.



1. Roast the Sweet Potato

Set oven to 220°C.

Cut **sweet potato** into 1/2 cm thick rounds. Toss with **oil, salt and pepper**. Spread over a lined tray and roast for 25–30 minutes, turning once, until golden and tender.

tip Make wedges or chips instead.



4. Bake the chicken

Spoon a little **tomato sugo** onto the centre of each **chicken** piece. Drain and tear **mozzarella** into small pieces, place on top. Bake in top part of oven for 5–7 minutes or until melted and **chicken** is cooked through.

tip Keep sugo in small spoonfuls so the crumb stays crispy around edges.



2. Prepare the CRUMB

Combine **2 tbsp flour** and **2 tbsp water** in a shallow bowl.

Spread **panko crumbs** on a piece of baking paper or on a plate. Season with **1/2 tsp oregano, salt and pepper**.

tip For a GF option, you can use corn or rice flour.



5. Dress the SLAW

Combine **1 tbsp vinegar, 1/2 tsp sugar, salt and pepper** in a bowl.

Add **coleslaw** and toss to coat with dressing.

tip Use mayonnaise or aioli instead to make a creamy slaw!



3. CRUMB the chicken

Slice **chicken schnitzels** and dip into the **flour mixture**, then gently press into **crumbs** to coat.

Heat a large frypan with **oil** over medium-high heat. Cook **chicken** for 2–3 minutes each side or until golden. Transfer to a second lined tray.



6. finish AND Serve

Arrange the **chicken parmas** and **sweet potato rounds** on a large sharing tray with the **crunchy slaw**.