

CHICKEN PARMIGIANA



 Serves: 4

YOU WILL NEED



900g sweet potato
(1 extra large or 2 small)



900g chicken breast
(2 large fillets)



¾ cup passata



1 small tomato (diced)
Or 1/3 cup canned diced tomatoes
Or 2 tbsp tomato paste



125g shaved ham



1/3 cup breadcrumbs



1/2 cup parmesan cheese



4 cups green beans

+ STAPLES (ALWAYS ON HAND)



2 tbsp olive oil



1 tsp of salt



2 tsp oregano

EQUIPMENT

- Chopping board
- Knife
- Vegetable peeler
- Frying pan
- Tongs
- Medium bowl
- Large bowl



Streetlight Dietitian

BEFORE YOU JUMP ONLINE... A MESSAGE FROM NAOMI

"Food is a key part of celebration. What foods do you associate with life milestones like birthdays, weddings and holidays?"

1 Tips for CRISPY CHIPS;

- Ensure the chips are all even in size so they finish cooking around the same time.
Skinnier = crispier and quicker
- Don't overcrowd the baking tray. All the chips need to be laying flat on the tray and ideally not touching each other. If you flip them with a spatula halfway through baking this can also increase crispiness.
- Mix the oil and salt through the chips before cooking. Once cooked you can experiment with different seasonings like paprika, pepper and garlic salt.

"Hi I'm Ben. You can follow along online as Naomi demonstrates how to cook @ streetlightcommunity.org/street-eats



OVEN



Preheat the oven to 210°C.
(This is VERY HOT so each time you open the oven door, keep your distance until the steam has been released.)

1



Peel the sweet potatoes and cut them into roughly equal sized chips. Stir in oil, salt and half the oregano. Spread evenly on baking tray.

2



Slice chicken breasts through the middle to create thinner fillets. Mix passata with diced tomatoes and oregano. Spread tomato mixture over the chicken.

3



Dice ham. Mix with parmesan and breadcrumbs. Spoon onto the chicken. Bake chicken and chips in the oven for 25-30 minutes (or until cooked through).

4



If your oven does not cook evenly on both sides, rotate the trays halfway through cooking. Microwave or boil green beans to cook them.

5



Serve and enjoy.

