## **CHICKEN** PARMIGIANA



## YOU WILL NEED



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



125g shaved ham



900g chicken breast (2 large fillets)



1/3 cup breadcrumbs



% cup passata



1/2 cup parmesan cheese



4 cups green beans

EQUIPMENT

Knife

Frying pan

Tongs

Chopping board

Vegetable peeler

Medium bowl

Large bowl







1 tsp of salt

## 2 tsp oregano

1 small tomato (diced)

Or 1/3 cup canned diced tomatoes

Or 2 tbsp tomato paste

## 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?"

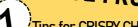
2 tbsp olive oil

Tips for CRISPY CHIPS;

Ensure the chips are all even in size so they finish cooking around the same time. Skinnier = crispier and guicker

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.

Streetlight Dietitian 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





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.)



Mix passata with diced tomatoes and oregano. Spread tomato mixture over the chicken.



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.



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).



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



Serve and enjoy.

