



MAY  
2016

## Crispy Spiced Chicken

with Sweet Potato Fries and Garden Salad

Chicken gets a spicy crunch thanks to toasted panko and chili powder. Roasted sweet potato fries bring a hearty, sweet contrast, while a fresh garden salad brightens everything up.



Prep: 10 min  
Total: 30 min



level 1



nut free



Chicken Breasts



Panko  
Breadcrumbs



Sour Cream



Chili Powder



Garlic



Sweet Potato



Grape Tomatoes




Lemon



Baby Gem  
Lettuce

## Ingredients

|  | 2 People | 4 People |
|--|----------|----------|
| Chicken Breasts  | 12 oz    | 24 oz    |
| Panko Breadcrumbs  | 1) ¼ Cup | ½ Cup    |
| Sour Cream   | 2) 4 T   | 8 T      |
| Chili Powder  | 1 t      | 2 t      |
| Garlic   | 2 Cloves | 4 Cloves |
| Sweet Potato   | 12 oz    | 24 oz    |
| Grape Tomatoes   | 4 oz     | 8 oz     |
| Lemon  | 1        | 1        |
| Baby Gem Lettuce   | 1        | 2        |
| Olive Oil*   | 5 t      | 10 t     |

\*Not Included

## Allergens

- 1) Wheat
- 2) Milk

## Tools

2 Baking sheets, Large pan, Large bowl

**Nutrition per person** Calories: 553 cal | Fat: 19 g | Sat. Fat: 5 g | Protein: 46 g | Carbs: 54 g | Sugar: 12 g | Sodium: 329 mg | Fiber: 10 g

Ruler

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1



**1 Prep the ingredients: Wash and dry all produce.** Preheat the oven to 450 degrees. Cut the **potatoes** into sticks (like French fries), keeping the skin on. Halve the **tomatoes**. Chop the **lettuce** into 1-inch pieces. Mince or grate the **garlic**. Halve the **lemon**.

2



**2 Roast the sweet potatoes:** Toss the **sweet potatoes** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 25 minutes, tossing halfway through cooking, until crispy and golden brown.

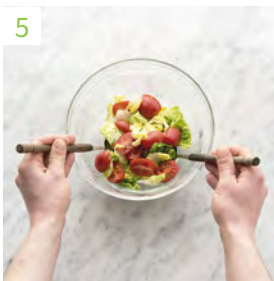
4



**3 Make the panko mixture:** Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **garlic** and cook for 30 seconds, or until fragrant. Remove the pan from the heat and toss in the **panko** and **chili powder**. Season with **salt** and **pepper**.

**4 Cook the chicken:** Place the **chicken breasts** onto a lightly oiled baking sheet and coat each with a large dollop of **sour cream**. Then season with **salt** and **pepper**. Press the **panko mixture** onto the tops of each chicken breast to adhere. Place them on a baking sheet in the oven for 15-20 minutes, until the chicken is just cooked through.

5



**5 Make the salad:** When the **chicken** is almost ready, toss the chopped **lettuce** and **tomatoes** in a large bowl with a squeeze of **lemon juice** and a large drizzle of **olive oil**. Season to taste with **salt** and **pepper**.

**6 Finish and plate:** Serve the **crispy spiced chicken** with the **sweet potato fries** and **garden salad** alongside. Enjoy!

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