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|  | **Ingredients** | **Steps** |
| ***Sesame avocado and soba noodle salad*** | * 270g buckwheat soba noodles * 1/3 cup store-bought roasted sesame Kewpie sesame dressing (see note) * 2 tablespoons black sesame seeds * 2 tablespoons white sesame seeds * 2 large avocados, cut into wedges * 2 cups shredded red cabbage * 1 medium zucchini, julienned (see note) * 200g hot smoked trout * 1⁄2 Lebanese cucumber, thinly sliced * 1⁄4 cup pickled ginger * 2 tablespoons shredded nori * baby sprouts, to serve | * Bring a large saucepan of water to the boil. Add the noodles and cook for 5-6 minutes or until cooked. Drain and run under cold water. Drain well. Place in a large bowl with half the sesame dressing and toss gently to coat * Place both sesame seeds on a small plate and mix together. Press one side of each wedge of avocado into the sesame * Divide the noodles, cabbage and zucchini between bowls. Top with avocado, trout, cucumber and ginger. Drizzle with remaining dressing and scatter with the nori and sprouts |
| ***Parmesan Crusted Chicken Tenders*** | * 1 cup panko breadcrumbs * ½ cup (50 g) Perfect Italiano™ Parmesan Grated * 2 eggs, lightly whisked * ½ cup (125 ml) milk * 12 chicken tenderloins * Cooking oil spray * 500 g packet frozen sweet potato fries * 2/3 cup (165 ml) mayonnaise * 2 tbsps. sweet chilli sauce | * Preheat oven to 220°C / 200°C fan-forced. Line 2 oven trays with baking paper * Place panko breadcrumbs in a large shallow bowl. Stir in Perfect Italiano™ Parmesan. Combine egg and milk in a shallow bowl. Dip chicken in egg mixture, then breadcrumb mixture to coat. Place prepared chicken on one of the prepared trays. Spray with oil * Place sweet potato fries on the second tray. Bake sweet potato fries according to packet directions or until golden brown. Bake chicken for 15 minutes, turning halfway through cooking and spraying with oil, or until golden brown and cooked * Stir sweet chilli sauce into mayonnaise. Serve chicken with sweet potato fries and sweet chilli mayonnaise |
| ***Cheesy Chicken, Cauliflower and Broccoli Rice Bake*** | * 1 tbsp olive oil * 500 g chicken breast fillets, cut into 2cm pieces * 400 g cauliflower, cut into small florets, steamed * 400 g broccoli, cut into florets, lightly steamed * 2 x 250 g packets microwave long grain white rice, cooked * 2 spring onions, finely chopped * ½ small capsicum, deseeded, finely diced * 2 cups (180 g) Perfect Italiano™ Perfect Bakes cheese * Salt & Pepper, to season * ½ cup (125 ml) sour cream * ½ cup (125 ml) chicken stock * 1 garlic clove, crushed | * Preheat oven to 200°C / 180°C fan-forced. Grease a 3 Litre (12 cup capacity) rectangular ovenproof dish * Heat oil in a large non-stick frying pan over medium heat. Add chicken and cook, stirring for 5 minutes or until browned * Combine chicken, broccoli, cauliflower, rice, spring onion, capsicum and 1½ cups of Perfect Italiano™ Perfect Bakes cheese in a large bowl. Season with salt & pepper as desired. Spoon into prepared dish. Whisk together sour cream, stock and garlic in a jug. Drizzle cream mixture over rice in dish. Smooth surface * Sprinkle with remaining ½ cup of Perfect Italiano™ Perfect Bakes cheese. Bake for 25 minutes or until golden brown |