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|  | **Ingredients** | **Steps** |
| ***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 |
| ***Tempura Nuggets Sushi Bowl*** | * 400g packet frozen Steggles Chicken Tempura Nuggets * 2 green onions, sliced * 1 tablespoon sesame oil * 1 tablespoon mild curry powder * 1 tablespoon plain flour * 2 tablespoons soy sauce * 1 cup chicken stock * 3 cups cooked Jasmine rice, to serve * 1 Lebanese cucumber, sliced * 1 large carrot, shredded into thin strips | * Preheat the oven to 200°C/180°C fan forced. Place chicken nuggets on an oven tray and bake for 15 minutes or until golden brown. Place onion in a bowl of iced water in the fridge for 10 minutes or until onion curls * Meanwhile, heat sesame oil in a small saucepan over medium heat. Add curry powder and flour and cook, stirring for 2 minutes or until fragrant. Pour in chicken stock and soy sauce. Cook, stirring regularly, for 5 minutes or until sauce boils and thickens. Remove from heat * Spoon rice into serving bowls. Top with chicken nuggets, cucumber and carrot. Drizzle with the curry sauce and serve sprinkled with green onion curls |