

Hello Chef!

# CHICKEN ESCALOPE

with Roasted Sweet Potatoes and Spicy Brussels Sprouts



The best way to eat Brussels sprouts by far!

**COOKING TIME: 20 MIN**

**CALS 643 | PROT 522.2G | CARBS 13.7G | FAT 247.2G**



## TIPS FOR FUSSY EATERS

No tips needed apart from maybe Brussels sprouts...let me know how you get on ;)

## PRO TIP

Once you have fried the chicken, place them on a plate with kitchen paper to absorb any excess oil.

## INGREDIENTS

	FOR 2	FOR 3	FOR 4
Chicken breast	400g	600g	800g
Almond meal	50g	75g	100g
Egg	1	1	2
Oregano	2g	3g	4g
Paprika	2g	3g	4g
Sweet Potato	600g	900g	1.2kg
Brussels Sprouts	150g	225g	300g
Chili Flakes	2g	3g	4g
Lime	1	2	2



## 1 ROAST

Pre-heat the oven to 220°C. Peel and cut the **sweet potatoes** into wedges. Place them on a roasting dish and drizzle with some **olive oil, salt** and **pepper**. Roast in the oven for 25 minutes or until nicely browned and cooked.



## 2 CUT

Cut the **chicken breasts** in half first lengthwise.



## 3 FRY

Mix the **egg** in a bowl. Place the **almond meal** on a shallow plate and season it with **salt, pepper, oregano** and **paprika**. Dip the **chicken** pieces first in the **egg** and then in the **almond meal**. Fry the escalopes in a spoon of **oil** at medium heat on the pan for 4-5 minutes per side.



## 4 SAUTÉ AND SERVE

Slice the **Brussels sprouts** thinly. Heat a small spoon of **oil** in a pan and toss in the **sprouts**. Saute them until slightly browned and season with **salt, pepper, chili flakes** and a squeeze of **lime juice**. Serve with the roasted **sweet potatoes** and crispy **chicken** escalopes.

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