

Hello Chef!

PARMESAN CHICKEN TENDERS

with Roasted Mushrooms, Zucchini and Pepper



An adult way to enjoy chicken tenders...

COOKING TIME: 30 MIN

CALS 428 | PROT 46.0G | CARBS 7.5G | FAT 23.5G



TIPS FOR FUSSY EATERS

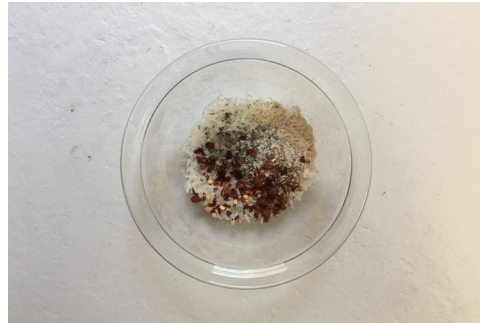
Go easy on the chili flakes when seasoning the chicken. Serve the tenders with veggies and boiled rice.

PRO TIP

Garlic powder is ground, dehydrated garlic. It is a very common seasoning and can be used with pasta, pizza, ranch dressing and grilled chicken.

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Chicken breast	400g	600g	800g
Parmesan cheese	40g	60g	80g
Oregano	2g	3g	4g
Paprika powder	2g	3g	4g
Garlic powder	1g	2g	2g
Chili flakes	1g	2g	2g
Zucchini, small	3	4	6
Red bell pepper	1	2	2
Mushrooms	250g	375g	500g



1 MIX THE SPICES

Preheat the oven to 200°C. Grate **parmesan cheese** and combine with **oregano, paprika powder, garlic powder, chili flakes, salt, and pepper.**



2 PREP THE CHICKEN

Cut each **chicken breast** into three strips lengthwise and pat dry with paper towel. Brush the **chicken** pieces with **olive oil**, then roll them in the seasoning mixture.



3 PREP THE VEGGIES

Discard **zucchini** ends and cut into wedges. Cut **bell pepper** to cubes. Chop **mushrooms**. Combine the veggies in a bowl and add **olive oil**. Stir to coat.



4 ROAST

Arrange the **veggies** on a large roasting dish and place the **chicken** tenders on top. Bake in the oven for 20–25 minutes until the **chicken** is cooked through.

SHARE YOUR #HELLOCHEFME PICS WITH US!

www.hellochef.me | hello@hellochef.me | 05664-80597

