

# Seedy-Crumbed Chicken with Kumara Chips and Cucumber, Mandarin Salad

**Ready-in: 30**

## Ingredients

### Chips

600g kumara

### Chicken

25g pumpkin seeds

25g sunflower seeds

550g chicken breasts

¼ cup GF flour

¾ tsp salt

1 egg

2 Tbsp milk

### Salad

½ cos lettuce

¼ red onion (optional, adults)

2 mandarins

1 Lebanese cucumber

### To Serve

2 Tbsp GF sweet chilli sauce (optional)

125g sour cream



## Method

1. Preheat oven to 220°C. Line an oven tray with baking paper. Scrub kumara and cut into 1cm chips; finely chop pumpkin and sunflower seeds. Toss kumara chips on prepared tray with a drizzle of olive oil. Season and bake for 22-24 minutes, until golden and tender. Turn once during cooking.
2. While chips are cooking, prepare chicken. Pat chicken dry and cut into steaks. To do this, place your hand flat on top of chicken breast and use a knife to slice through horizontally to make two thin steaks.
3. Place flour and salt into a shallow bowl, whisk egg with milk in another bowl and place seeds in a third bowl. Coat chicken first in flour, then egg mixture. Place on a plate and sprinkle each side with seed mix, to lightly and evenly coat.
4. Heat a drizzle of olive oil in a large (preferably non-stick) fry-pan on medium heat. Cook chicken, in batches, for 3-4 minutes each side, until cooked through. Set aside to rest for a few minutes, before slicing thickly. In a small bowl, combine sweet chilli sauce (if using) with sour cream.
5. While chicken is cooking, prepare the salad. Roughly tear lettuce; thinly slice or dice onion (if using); peel mandarins and separate segments; cut cucumber in half lengthways and thinly slice. Toss all in a large bowl with a drizzle of olive oil and season.
6. To serve, divide mandarin salad and seedy-crumbed chicken between plates. Serve a bowl of kumara chips in the middle of the table for everyone to help themselves, with the sweet chilli sour cream for dipping.