

Crunchy Parmesan Chicken with Asparagus and Roasted Tomato

Serves 2

For the chicken

2 small skinless chicken breasts
40g panko breadcrumbs
20g grated parmesan
½ tsp finely chopped thyme
½ tsp finely chopped rosemary
2 tsp finely chopped parsley
1 egg
3 tbsp plain flour
Salt + pepper

For the salad

2 handfuls of mixed leaves
1 avocado
3 plum tomatoes, halved
8 asparagus spears
1 tbsp mayonnaise
½ tsp black garlic puree

For the dressing

2 tsp white wine vinegar
2 tbsp olive oil

METHOD

- 1. Prepare the roasted tomatoes:**
 - Preheat the oven to 120°C (250°F).
 - Place the halved tomatoes on a small baking tray lined with parchment paper. Drizzle with olive oil and sprinkle with salt, chopped rosemary, and thyme.
 - Roast in the oven for about 1 hour, until the tomatoes have shrunk by half. Remove from the oven and set aside to cool.
- 2. Prepare the chicken:**
 - Increase the oven temperature to 180°C (350°F).
 - In a shallow dish, combine the panko breadcrumbs, grated Parmesan, chopped parsley, and a generous amount of seasoning.
 - Dredge the chicken in flour, shaking off any excess. Dip into the beaten egg, then coat thoroughly with the breadcrumb mixture.
 - Heat a large frying pan with a good amount of oil and place the chicken into the pan. Fry until the breadcrumbs turn golden then turn over and colour the other side. Transfer to a baking sheet lined with parchment paper or place straight in the oven if you are using an oven proof pan.
 - Bake for 20-25 minutes, turning halfway through, until golden and crispy. Once cooked, remove from the oven and let rest.

3. **Make the salad:**

- In a small bowl or jar, whisk together the olive oil and vinegar to make the dressing. Season to taste with salt and pepper.
- Mix the garlic and mayonnaise together.
- Bring a pot of water to a boil and blanch the asparagus spears for 1 minute (depending on size). Drain and rinse under cold water to stop the cooking process and preserve the vibrant green colour.

4. **Prepare the avocado and assemble the salad:**

- Just before serving, halve the avocado, remove the pit, and peel away the skin. Slice the avocado into thin wedges.
- Dot blobs of black garlic mayo all around the plates.
- Toss the salad leaves in the prepared dressing, then arrange a base of dressed leaves on each plate. Top with a few roasted tomato halves, a handful of asparagus, and slices of avocado. Repeat the layers, finishing with another layer of salad leaves, roasted tomato halves, and more asparagus and avocado.
- Cut the chicken in half and serve on top of the salad.

Equipment

- Chopping Board
- Knife
- 3 x plates or trays
- Frying pan
- Baking tray
- Large mixing bowl
- Ramekin

Prep Instructions

- Measure out all the ingredients but no need to chop anything
- Please prepare the tomatoes (step 1) before the class so they are cold for the dish

Zoom Link

<https://us06web.zoom.us/j/88399616038?pwd=g3btkLQ0bDZlJYYOJreDb575PbCztL.1>

Meeting ID: 883 9961 6038

Passcode: 926549