

Chipper Spice Bag

🍷 2 servings

530 Kcal / serving

46g Protein 16g Fat 50g Carbs

Ingredients

- 1 large (350g) - **Potato**
- 1 (150g) - **Red pepper**
- 1 (150g) - **Red onion**
- 1 tablespoon (15g) - **Rapeseed or olive oil**
- 1 teaspoon - **Chinese five-spice powder**
- 2 (300g) - **Skinless and boneless chicken fillets**
- 1 - **Egg**
- 1 teaspoon - **Ground cumin**
- 2 (64g) - **Slices of wholegrain bread**



The Method

Preheat the oven to 200°C, (400°F), gas mark 6. Cut the potato into chips and place on a large baking tray. Remove the core from the red pepper and cut into slices. Peel the red onion, then cut in half and cut into thin wedges.

Add the vegetables to the tray and drizzle over two teaspoons of the oil and sprinkle with the Chinese five-spice. Toss with your hands until evenly coated and spread out into an even layer. Bake in the oven for 30-35 minutes until cooked through and golden brown, tossing everything once or twice to ensure it cooks evenly.

Meanwhile, cut the chicken into 2.5cm strips. Beat the egg in a shallow dish. Blitz the bread into breadcrumbs and then mix with the cumin in a separate shallow dish. Dip the chicken in the egg and then toss in the breadcrumbs.

Arrange the breaded chicken on a parchment lined baking sheet and use the remaining teaspoon of oil to give them a light drizzle. Bake for about 15 minutes until crisp and golden brown, turning once. Test with a small knife to ensure they are cooked through.

Arrange the potatoes and vegetables on plates with the crispy chicken. Season with pepper to serve.