



# UCOOK

## Chicken Schnitzly with Cheese Sauce

with mashed potato & green beans

Homemade crumbed chicken schnitzel served with soft mashed potato and drizzled in decadent cheese sauce. Served with a fresh green bean salad and garnished with fresh parsley and a lemon wedge. Comfort food at its finest!

---

**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes

---

**Serves:** 1 Person

---

**Chef:** Alex Levett

---

 Easy Peasy

---

 Warwick Wine Estate | First Lady Chardonnay

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

200g	Potato <i>peeled &amp; cut into bite-sized chunks</i>
80g	Green Beans <i>rinsed, trimmed &amp; halved</i>
40ml	Cake Flour
60ml	Fresh Milk
50g	Grated Mozzarella & Cheddar Cheese Mix
1	Free-range Chicken Breast
80ml	Panko Breadcrumbs
20g	Green Leaves <i>rinsed</i>
1	Lemon <i>½ cut into wedges</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Cling Wrap  
Egg/s  
Paper Towel  
Butter

**1. MASH** Place a pot of cold, salted water over a high heat. Add the potatoes and bring to a boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a knob of butter. Season to taste.

**2. BEANS** Place a pan over a medium-high heat with a splash of water. When starting to bubble, simmer the halved green beans for 3-4 minutes until cooked al dente. Toss with a drizzle of oil and some seasoning. Remove from the pan.

**3. SAUCE** Place a small pot over a medium heat with 10g of butter. Once melted, vigorously mix in 5g of the flour to form the roux. Cook out for 1-2 minutes, stirring constantly. Slowly whisk in the milk. Once the milk is incorporated, add the grated cheese and stir until melted. Season to taste and remove from the heat. Add a splash of water or milk if the sauce gets too thick before serving.

**4. SCHNITTY** Pat the chicken dry with paper towel and place flat-side down on a cutting board. Place the palm of your non-cutting hand on top of the breast. Using a sharp knife, cut through it horizontally to make two thin breast pieces. Lay the pieces side-by-side and cover with cling wrap. Using a mallet, empty jar, or rolling pin, tenderise them by gently pounding until halved in thickness. In a shallow dish, whisk 1 egg with ½ a tsp of water. Prepare two more shallow dishes: one containing the remaining flour (seasoned lightly) and the other containing the breadcrumbs. Coat one chicken schnitzel in the flour first, then in the egg, and lastly in the breadcrumbs. When passing through the crumb, press it into the meat so it coats evenly. Repeat with the other schnitzel.

**5. CRISP** Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the schnitzels for 2-3 minutes per side until golden and cooked through. Remove from the pan on completion, season, and drain on paper towel. In a salad bowl, toss the green beans and rinsed green leaves with a squeeze of lemon juice, a drizzle of olive oil and seasoning.

**6. ENJOY** Plate up the mashed potato and side with the crispy schnitty. Drizzle over the creamy cheese sauce and serve the salad on the side. Garnish with the chopped parsley and a lemon wedge. Delicious!



## Chef's Tip

A roux is a paste of butter and flour and is used to thicken sauces. Cooking it out for 1-2 minutes ensures it doesn't have a raw floury taste! If your mash and cheese sauce cool down before serving, place back on a low heat and reheat until warm.

## Nutritional Information

Per 100g

Energy	541kJ
Energy	129Kcal
Protein	10.5g
Carbs	14g
of which sugars	1.4g
Fibre	2.3g
Fat	3.5g
of which saturated	1.5g
Sodium	134mg

## Allergens

Egg, Gluten, Dairy, Wheat

Cook  
within 1  
Day