

UCCOOK

Crispy Chicken Schnitzel

with panko breadcrumbs, basil pesto & a Caprese melt

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Tess Witney

Wine Pairing: Groote Post Winery | Groote Post-Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	563kJ	3859kJ
Energy	134kcal	922kcal
Protein	8.9g	61.1g
Carbs	13g	87g
of which sugars	3.3g	22.8g
Fibre	1.3g	9.1g
Fat	5g	34g
of which saturated	1.6g	11.2g
Sodium	98mg	670mg

Allergens: Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato Chunks
1	2	Free-range Chicken Breast/s
40ml	80ml	Cake Flour
100ml	200ml	Cheesy Panko Crumb (85ml [170ml] Panko Breadcrumbs & 15ml [30ml] Grated Italian-style Hard Cheese)
10g	20g	Sunflower Seeds
50g	100g	Grated Mozzarella Cheese
1	2	Tomato/es <i>rinse & slice into thin rounds</i>
25ml	50ml	Pesto Princess Basil Pesto
15ml	30ml	Balsamic Vinegar
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Cling Wrap

Egg/s

Paper Towel

Rolling Pin

1. CRISPY SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SCHNITTY PREP Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness and season.

3. CRUMBS! Prepare two shallow dishes: one containing the flour (seasoned lightly), the other containing the cheesy panko crumb. In a third shallow dish, whisk 1 egg with 1 [2] tsp of water. Coat each breast piece in the flour, then in the egg, and lastly in the crumb. When coating in the crumb, press it into the meat so it sticks and coats evenly. Make sure the piece is fully coated in one mixture before moving on to the next. Dust off any excess in between coatings. Set aside until frying.

4. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

5. IRRESISTIBLY CRISPY When the sweet potato has 10 minutes remaining, return the pan to a medium-high heat with enough oil to cover the base. Fry the schnitzel/s until golden but not cooked through, 1-2 minutes per side. Transfer to a greased baking tray. Sprinkle over the mozzarella, top with a couple of tomato slices, and smear with basil pesto. Pop in the oven until the cheese has melted and the schnitzel/s are cooked through, 2-3 minutes. Remove and allow to rest for 3 minutes before serving. In a salad bowl, combine the vinegar with 5ml [10ml] of olive oil. Toss through the remaining tomato slices, the salad leaves, and some seasoning.

6. ALMOST TOO GOOD TO BE TRUE... Serve up a generous portion of sweet potato alongside the crispy schnitzel/s. Sprinkle the sunflower seeds over the salad and serve on the side. Deliciousness is as easy as that!