



U C O O K

— COOKING MADE EASY

Crispy Chicken Schnitty

with panko breadcrumbs, basil pesto & a Caprese melt

When a schnitzel is homemade, it's crispier on the outside and more tender on the inside — and it can be as easy as it is delicious! This one'll make your heart melt right along with its sizzling mozzarella, basil pesto, and tomato topping.

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Tess Witney

 **Easy Peasy**

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



Ingredients & Prep

500g	Sweet Potato <i>rinsed & cut into wedges</i>
20g	Sunflower Seeds
2	Free-Range Chicken Breasts
80ml	Cake Flour
230ml	Cheesy Panko Crumb <i>(200ml Panko Breadcrumbs & 30ml Grated Italian Style Hard Cheese)</i>
100g	Grated Mozzarella
30ml	Pesto Princess Basil Pesto
2	Plum Tomato <i>rinsed & thinly sliced into rounds</i>
40g	Green Leaves <i>rinsed</i>
20ml	Cabernet Sauvignon Vinegar

From Your Kitchen

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

1. GET THOSE WEDGES CRISPY Preheat the oven to 200°C. Place the sweet potato wedges on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. TOASTY SEEDS Place the sunflower seeds in a large pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. CHICKEN PREP Pat the chicken dry with some paper towel and place on a cutting board, flat-side down. 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. Repeat with the other breast. 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.

4. TIME FOR THE CRUMB Whisk 1 egg in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly), the other containing the cheesy panko crumb. 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 breast piece is fully coated in one mixture before moving on to the next. Dust off any excess in between coatings. Set aside until frying.

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. When hot, fry the schnitzels for 2-3 minutes per side until golden but not cooked through. Remove from the pan and place on a greased baking tray. Sprinkle over the grated mozzarella, smear with some basil pesto, and top with a couple of tomato slices. Pop in the oven for 2-3 minutes until the cheese has melted and the schnitzels are cooked through. Remove from the oven on completion and allow to rest for 3 minutes before serving.

6. WOW! Serve up a generous portion of sweet potato wedges alongside the crispy schnitzels. Place the rinsed green leaves and remaining tomato slices on the side, sprinkle over the toasted sunflower seeds, and drizzle with the cab sauv vinegar. Deliciousness is as easy as that!

Nutritional Information

Per 100g

Energy	529kj
Energy	131Kcal
Protein	9g
Carbs	12g
of which sugars	3.2g
Fibre	1.8g
Fat	4.6g
of which saturated	1.6g
Sodium	119mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts

Cook
within 3
Days