



# UCCOOK

## Chicken Schnitty & Cheese Sauce

with mashed potato & fresh parsley

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Alex Levett

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Chenin Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 448kJ    | 2945kJ      |
| Energy             | 107kcal  | 704kcal     |
| Protein            | 8.5g     | 55.8g       |
| Carbs              | 13g      | 88g         |
| of which sugars    | 2g       | 13.2g       |
| Fibre              | 1.5g     | 9.9g        |
| Fat                | 2.5g     | 16.5g       |
| of which saturated | 1.3g     | 8.3g        |
| Sodium             | 191mg    | 1339mg      |

**Allergens:** Cow's Milk, Egg, Gluten, Wheat

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                            |
|----------|------------|------------------------------------------------------------|
| 200g     | 400g       | Potato<br><i>peel &amp; cut into bite-sized chunks</i>     |
| 1        | 2          | Free-range Chicken Breast/s                                |
| 40ml     | 80ml       | Cake Flour                                                 |
| 80ml     | 160ml      | Panko Breadcrumbs                                          |
| 120g     | 120g       | Carrot<br><i>rinse, trim &amp; peel into ribbons ½ [1]</i> |
| 20g      | 40g        | Salad Leaves<br><i>rinse</i>                               |
| 100ml    | 200ml      | Low Fat UHT Milk                                           |
| 25g      | 50g        | Grated Cheddar Cheese                                      |
| 3g       | 5g         | Fresh Parsley<br><i>rinse &amp; roughly chop</i>           |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Egg/s  
Butter  
Cling Wrap  
Paper Towel  
Milk (optional)  
Seasoning (salt & pepper)  
Rolling Pin

**1. MAKE THE MASH** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a potato masher or a fork, season, and cover.

**2. CHICKEN 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.

**3. OH CRUMBS!** Whisk 1 egg in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing  $\frac{3}{4}$  of the flour (seasoned lightly) and the other containing the breadcrumbs. Coat the butterflied chicken 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 this step with each breast/s. Set aside.

**4. SIDE SALAD** In a salad bowl, combine the carrot and salad leaves with a drizzle of olive oil and seasoning. Set aside.

**5. CHEESY SAUCE** Place a small pot over medium heat with 10g [20g] of butter. Once melted, vigorously mix in the remaining flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the grated cheese and stir until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

**6. CRISPY SCHNITTY** Place a pan on medium-high heat with enough oil to cover the base. When hot, fry the schnitzel until golden and cooked through, 2-3 minutes per side. Remove from the pan, drain on paper towel, and season.

**7. ALL DONE!** 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 parsley. 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.