



UCOOK

Chicken Schnitty 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: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Alex Levett

 Easy Peasy

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

800g	Potato <i>peeled & cut into bite-sized chunks</i>
320g	Green Beans <i>rinsed, trimmed & halved</i>
160ml	Cake Flour
500ml	Fresh Milk
200g	Grated Mozzarella & Cheddar Cheese Mix
4	Free-range Chicken Breasts
320ml	Panko Breadcrumbs
80g	Green Leaves <i>rinsed</i>
2	Lemons <i>cut into wedges</i>
15g	Fresh Parsley <i>rinsed, picked & 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 20-25 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 6-7 minutes until cooked al dente. Toss with a drizzle of oil and some seasoning. Remove from the pan.

3. SAUCE Place a pot over a medium heat with 40g of butter. Once melted, vigorously mix in 20g 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 2 eggs with 1 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 each 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. You may need to do this step in batches. 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