



# 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.

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**Hands-On Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Tess Witney

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 **Easy Peasy**

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## Ingredients & Prep

1kg	Sweet Potato <i>rinsed &amp; cut into wedges</i>
40g	Sunflower Seeds
4	Free-Range Chicken Breasts
160ml	Cake Flour
460ml	Cheesy Panko Crumb <i>(400ml Panko Breadcrumbs &amp; 60ml Grated Italian Style Hard Cheese)</i>
200g	Grated Mozzarella
65ml	Pesto Princess Basil Pesto
3	Plum Tomato <i>rinsed &amp; thinly sliced into rounds</i>
80g	Green Leaves <i>rinsed</i>
40ml	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 35-40 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 each 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 2 eggs 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. You may need to do this step in batches. 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