



UCOOK

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 topping of mozzarella, basil pesto, & tomato.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 Fan Faves

 Waterford Estate | Waterford Sauvignon Blanc

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into chunks</i>
10g	Sunflower Seeds
1	Free-range Chicken Breast
40ml	Cake Flour
115ml	Cheesy Panko Crumb <i>(100ml Panko Breadcrumbs & 15ml Grated Italian-style Hard Cheese)</i>
50g	Grated Mozzarella
15ml	Pesto Princess Basil Pesto
1	Tomato <i>rinsed & sliced into thin rounds</i>
15ml	Balsamic Vinegar
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. CRISPY SWEET POTATO Preheat the oven to 200°C. Place the sweet potato chunks 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. SUNNY SEEDS Place the sunflower seeds in a 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. SCHNITTY PREP 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. Season and set aside.

4. 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 a 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.

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 1-2 minutes per side until golden but not cooked through. 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 for 2-3 minutes until the cheese has melted and the schnitzels are cooked through. Remove on completion and allow to rest for 3 minutes before serving. In a salad bowl, combine the vinegar with 5ml of olive oil. Toss through the remaining tomato slices, the rinsed green leaves, and some seasoning.

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



Chef's Tip

If you have an air fryer, why not use it to cook the sweet potato wedges? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	619kJ
Energy	148kcal
Protein	9.5g
Carbs	16g
of which sugars	3.4g
Fibre	1.8g
Fat	4.8g
of which saturated	1.7g
Sodium	100mg

Allergens

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

Cook
within 1
Day