

UCOOK

Chicken Schnitty & Cheese Sauce

with mashed potato & fresh parsley

A classic chicken schnitzel is hard to beat! Tenderized chicken breasts are coated in panko crumbs and fried until crispy & golden. Sided with silky mash and a fresh carrot ribbon salad. Don't forget your homemade cheese sauce!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Alex Levett

Simple & Save

Stettyn Wines | Stettyn Family Range Rosé
Chardonnay Pinot Noir 2023

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Ingredients & Prep

600g	Potato <i>peel & cut into bite-sized chunks</i>
3	Chicken Breasts
120ml	Cake Flour
240ml	Panko Breadcrumbs
240g	Carrot <i>¾ peel into ribbons</i>
60g	Salad Leaves <i>rinse</i>
300ml	Low Fat UHT Milk
75g	Grated Cheddar Cheese
8g	Fresh Parsley <i>rinse & roughly chop</i>

From Your Kitchen

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

1. MAKE THE MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 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 2 eggs 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 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.

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

5. CHEESY SAUCE Place a small pot over medium heat with 30g 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 schnitzels until golden and cooked through, 2-3 minutes per side. You may need to do this step in batches. 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 chopped 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.

Nutritional Information

Per 100g

Energy	443kJ
Energy	106kcal
Protein	8.5g
Carbs	13g
of which sugars	2.2g
Fibre	1.5g
Fat	2.4g
of which saturated	1.1g
Sodium	48mg

Allergens

Egg, Gluten, Wheat, Cow's Milk

**Eat
Within
3 Days**