



# UCCOOK

## Chicken Schnitzel & Thyme Sauce

with mashed potato & a fresh salad

Few things delight the taste buds such as crumbed chicken. This panko breadcrumb-coated schnitzel is drizzled with a lemon & thyme butter sauce and served next to a smooth potato mash and a fresh salad to balance the richness. This won't be the last time you make this recipe, Chef!

---

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

---

**Serves:** 1 Person


---

**Chef:** Kate Gomba

---

 Simple & Save

---

 Stettyn Wines | Stettyn Family Range Rosé Chardonnay Pinot Noir 2023

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

200g	Potato <i>rinse, peel &amp; cut into bite-sized pieces</i>
1	Free-range Chicken Breast
30ml	Cake Flour
60ml	Panko Breadcrumbs
3g	Fresh Thyme <i>rinse, pick &amp; finely chop</i>
10ml	Lemon Juice
120g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
10g	Piquanté Peppers <i>drain</i>
20g	Salad Leaves <i>rinse</i>

## From Your Kitchen

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

**1. 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 fork, season, and cover.

**2. CHICKEN 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 the chicken by gently pounding until halved in thickness.

**3. OH CRUMBS!** In a shallow dish, whisk 1 egg with ½ a tsp of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly) and the other containing the breadcrumbs. Coat each chicken schnitzel in the flour first, then in the egg, and, lastly, in the breadcrumbs. When passing through the crumb, press it into the chicken so that it coats evenly.

**4. FRY THE CHICKEN** Place a non-stick pan over 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. Remove from the pan, season, and drain on paper towel.

**5. THYME SAUCE** Return the pan to medium heat with a drizzle of oil and 30g of butter. When the butter has melted, fry the chopped thyme until fragrant, 1-2 minutes. Remove from the heat and add the lemon juice (to taste). Season.

**6. SIDE SALAD** In a salad bowl, combine the carrot ribbons, the drained peppers, and the rinsed salad leaves with a drizzle of olive oil and seasoning.

**7. TIME TO EAT** Plate up the mashed potato and the crispy schnitty. Drizzle over the thyme sauce and serve the salad on the side. Delicious!

## Nutritional Information

Per 100g

Energy	408kJ
Energy	98kcal
Protein	8.3g
Carbs	15g
of which sugars	1.9g
Fibre	1.8g
Fat	0.9g
of which saturated	0.2g
Sodium	29mg

## Allergens

Egg, Gluten, Wheat, Sulphites, Cow's Milk

Cook  
within 3  
Days