



30 minutes



££

CHICKEN SCHNITZEL



Allergens: egg, gluten, sulphites

What is it?

Traditionally an Austrian dish, the schnitzel works well with any meat. We're suggesting this delicious chicken recipe, paired with crispy potato wedges to make it an easy and filling dish.

MAKE IT FUN!

Choose which meat you'd prefer, maybe pork or turkey, and then have loads of fun bashing it flat with a rolling pin! This recipe can be a messy one, so let it be!

What you'll need:

For 2 people

Breadcrumbs	100g
Plain flour	100g
Sugar	20g
Egg	1
Chicken breast	2
Potatoes	2
Tomatoes	6
Cider vinegar	20ml

3 people

150g
150g
30g
2
3
3
9
25ml

4 people

200g
180g
40g
2
4
4
12
30ml



SEND US YOUR PHOTOS!

SCAN HERE



We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Celebrate Family Food to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out of your photos on our social media accounts!

WHAT TO DO:



Step 1:

Wrap the chicken breast in cling film and place it on a chopping board. Bash the chicken with a rolling pin until it is 2-3mm thin. Put the flour on a plate and season with a pinch of salt and pepper. Beat the egg in a separate bowl. Lay the chicken in the flour to coat it on each side, then dip it into the egg mixture to give it a moist coating.

Step 2:

Cover the chicken in the breadcrumbs until completely coated, then place the chicken on a plate and pop it in the fridge to chill. Cut the potatoes into thick wedges and spread them over a lined oven tray.



Step 3:

Cover the wedges with a small amount of oil and season with salt and pepper. Cook at 200 degrees (gas 6) for 20 minutes until golden brown. Heat some oil in a large frying pan over a high heat. When hot, carefully place the breadcrumb chicken and let it sizzle for 2-3 minutes each side until golden brown. Lift it out and onto some absorbant paper to drain any excess oil.



Step 4:

Mix the sugar and vinegar until the sugar is dissolved. Using your frying pan to heat the tomatoes with the vinegar/sugar mix, season with a pinch of salt and cook until the tomatoes soften.



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME



LET'S MAKE
IT AGAIN!