LET'S EAT!

CHICKEN SCHNITZEL

30 minutes

££



Allergens: egg, gluten, sulphites

What is it?

Traditionally an Austrian dish, the schnitzel works well with any meat. We're suggesting this delicious chicken recipie, 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	3 people	4 people
Breadcrumbs	100g	150g	200g
Plain flour	100g	150g	180g
Sugar	20g	30g	40g
Egg	1	2	2
Chicken breast	2	3	4
Potatoes	2	3	4
Tomatoes	6	9	12
Cider vinegar	20ml	25ml	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 Let's Eat 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 for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

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 seperate 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 breadcrumbed 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 1 2 3 4 5 LET'S MAKE IT AGAIN!