

Difficulty:
Easy



Time:
30 minutes



Chicken schnitzel

with wedges and pan-fried tomatoes



Allergens: egg, gluten, sulphates

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 but filling dish.

**AVERAGE COST
PER PERSON**

£1.78

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
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

You will also need some oil

Kit list:

- Frying pan
- Rolling pin
- Oven dish

Make it your own!

We suggest chicken for this recipe, but you could try it with pork instead for a change!

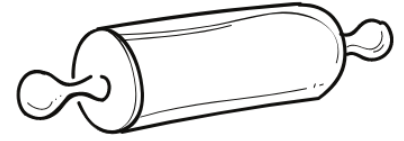
**Celebrate Family
Food**

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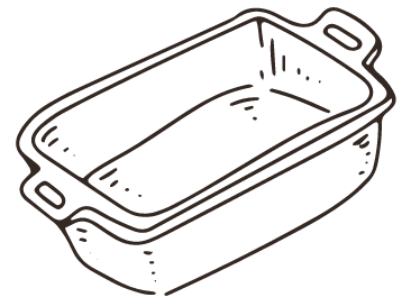
What to do:

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 (roughly the thickness of a pound coin).



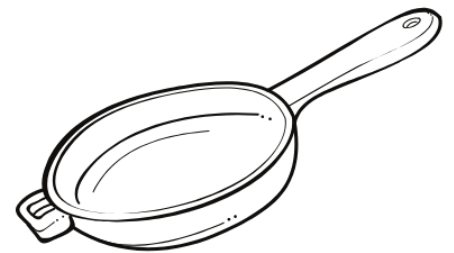
Step 2: Put the flour on a plate and mix with a little salt and pepper. Beat the egg in a separate bowl. Lay the chicken breast in the flour to coat it on each side, and then dip it into the egg mixture to give it a moist coating.

Step 3: Cover the chicken in the breadcrumbs until completely coated. Put the coated chicken on a plate and leave it in fridge to chill.



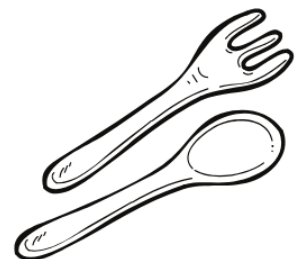
Step 4: Cut the potatoes into thick wedges. Spread them out on an oven tray lined with baking paper. Cover the wedges in oil and season with salt & pepper. Cook at 200 degrees (gas mark 6) for 20 minutes or until golden brown.

Step 5: Heat some oil in a large frying pan on a high heat. When hot, carefully place the breadcrumb chicken and let it sizzle for 2 - 3 minutes each side until golden brown. Then lift it out onto absorbant kitchen paper to drain the excess oil.



Step 6: Mix the sugar and vinegar until the sugar is dissolved. Use your frying pan to heat the tomatoes with the vinegar/sugar mix, season with a pinch of salt and cook until the tomatoes soften.

Serve: Plate up your homemade wedges with your delicious chicken schnitzel and top with cherry tomatoes. You might like to add a squeeze of lemon on your schnitzel for an extra zing. Enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!

