



# Chicken Schnitzel and Wedges

with Balsamic Dressed Salad and Burger Sauce

Classic 30-35 Minutes • 1 of your 5 a day

5



Potatoes



Chicken Breast



Panko Breadcrumbs



Mixed Herbs



Baby Plum Tomatoes



Baby Leaf Mix



Balsamic Glaze



Burger Sauce

**Pantry Items**  
Oil, Salt, Pepper, Egg

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, baking paper, saucepan, bowl, frying pan and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chicken Breast**	2	3	4
Panko Breadcrumbs <b>13)</b>	50g	75g	100g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	125g	190g	250g
Baby Leaf Mix**	50g	75g	100g
Balsamic Glaze <b>14)</b>	12ml	18ml	24ml
Burger Sauce <b>8) 9)</b>	30g	45g	60g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Egg*	1	1	2
Salt*	¼ tsp	½ tsp	½ tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving 550g	Per 100g 100g
Energy (kJ/kcal)	2382 /569	433 /103
Fat (g)	13.2	2.4
Sat. Fat (g)	2.4	0.4
Carbohydrate (g)	65.3	11.9
Sugars (g)	8.0	1.5
Protein (g)	51.6	9.4
Salt (g)	1.84	0.33

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**8) Egg 9) Mustard 13)** Cereals containing gluten  
**14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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1



## Roast the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with oil, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

4



## Fry your Schnitzel

Pop a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan (cook in batches if necessary).

Reduce the heat to medium-high and fry until golden brown and cooked through, 8-10 mins total. Turn every 2-3 mins and adjust the heat if necessary. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

2



## Bash the Chicken

Meanwhile, sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick. Season with **salt** and **pepper**.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk.

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## Finishing Touches

Once cooked, transfer your **chicken schnitzel** to a board or plate lined with kitchen paper. Lightly season with **salt** and **pepper**, then allow to rest for 1-2 mins.

Meanwhile, halve the **baby plum tomatoes**.

3



## Bring on the Crumb

Put the **panko breadcrumbs** into another large bowl and add the **mixed herbs, pepper** and **salt** (see pantry for amount). Mix together.

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.

6



## Finish and Serve

Once rested, slice the **schnitzels** widthways into 1cm thick slices and serve on your plates with the **wedges**.

Serve the **baby leaf salad** alongside, topped with the **tomatoes** and finished with a drizzle of **balsamic glaze**.

Finish with a dollop of **burger sauce** on the side for dipping.

Enjoy!