



Breaded Mini Chicken Schnitzel Bites with a Garlicky Chive Gravy Dip

Special Sides 10-15 Minutes

1A

Find all your unchilled Market items in bag A.



Panko Breadcrumbs



Roasted Spice and Herb Blend



Chicken Breast



Garlic Clove



Chicken Stock Paste



Chives

Pantry Items

Mayonnaise, Olive Oil, Salt, Pepper, Flour, Butter

Before you start

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

Cooking tools

Bowl, baking tray, garlic press and saucepan.

Ingredients

Ingredients	Quantity
Panko Breadcrumbs 13	50g
Roasted Spice and Herb Blend	1 sachet
Chicken Breast**	2
Garlic Clove**	2
Chicken Stock Paste	10g
Chives**	1 bunch

Pantry	Quantity
Mayonnaise*	2 tbsp
Oil for the Breadcrumbs*	2 tbsp
Butter*	15g
Plain Flour for the Gravy*	1 tbsp
Water for the Gravy*	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2214/529	938/224
Fat (g)	28.8	12.2
Sat. Fat (g)	7.0	3.0
Carbohydrate (g)	25.2	10.7
Sugars (g)	1.2	0.5
Protein (g)	43.8	18.5
Salt (g)	1.79	0.76

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

Allergens

13 Cereals containing gluten

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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2



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Crumb the Chicken

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Pop the **mayo** (see pantry for amount) into a medium bowl.

b) In a separate medium bowl, combine the **panko breadcrumbs, roasted spice and herb blend** and the **oil for the breadcrumbs** (see pantry for amount).

c) Cut each **chicken breast** into 3cm chunks. Season with **salt** and **pepper**, then add to the bowl of **mayo** and mix to coat well. Dip the **chicken pieces** into the **breadcrumbs**, ensuring they're completely coated, then transfer to a baking tray.

d) Bake on the top shelf of the oven until slightly golden and cooked through, 20-25 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

Bring on the Garlic Gravy

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Pop a medium saucepan on medium-high heat, add the **butter** (see pantry for amount) and melt it gently. Once melted, add the **garlic** and fry until fragrant, 1 min. Stir in the **flour for the gravy** (see pantry for amount). Continue to stir until combined - you've made a **roux!** Cook, stirring, until the **roux** is a medium brown colour, 2-3 mins.

c) Gradually stir in the **water for the gravy** (see pantry for amount), then stir in the **chicken stock paste** and bring to the boil, stirring out any lumps that form.

d) Lower the heat and simmer, stirring occasionally, until the **gravy** has thickened to your liking, 10-12 mins.

The Schnitzel Bites are Served

a) While the **gravy** simmers, finely chop the **chives** (use scissors if necessary).

b) Once the **chicken** is cooked, transfer to a sharing dish and sprinkle over **half** of the chopped **chives**.

c) Add the remaining **chives** to the **gravy** and stir through. Reheat if necessary.

d) Pour the **gravy** into a small bowl to dip your **chicken schnitzel bites** into.

Enjoy!