



Cheesy Chicken Schnitzel

with Tomato and Lemony Greens



30-40min



2 Portions

Did someone say 'chicken,' 'schnitzel' and 'cheesy' in the same breath? When a dish is this crunchy, melty and chicken-y in all the right places, you know absolutely everyone will love it. Right down to those lovely, lemony, good-for-you greens.

What we send

- mature cheddar ⁷
- lemon
- panko breadcrumbs ¹
- diced Italian tomatoes
- free-range chicken breast fillet
- Italian herbs ¹⁷
- zucchini
- kale
- green peas

What you'll require

- butter ⁷
- egg ³
- olive oil
- plain flour ¹
- sea salt and pepper
- sugar
- water

Utensils

- foil
- medium frypan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The remaining tomatoes and Italian herbs won't be used in this dish.

Allergens

Gluten (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 805kcal, Fat 45.0g, Carbs 38.8g, Proteins 55.8g



1. Prepare ingredients

Preheat the oven grill to high. Line an oven tray with foil. Finely shred the **Tuscan kale**, discarding the thicker stems. Coarsely grate the **zucchini**. Finely grate the zest of **half the lemon** then juice the half (the remaining half won't be used in this dish). Coarsely grate the **cheese**.



4. Grill topping

Meanwhile, combine **half the tomatoes, 1 tsp Italian herbs, 2 tsp olive oil** and **½ tsp sugar** in a small bowl (see cooking tip). Put the **chicken** on the lined tray then top with the **tomato mixture** and **grated cheese**. Grill for 5 mins or until the tomato is hot and the cheese has melted.



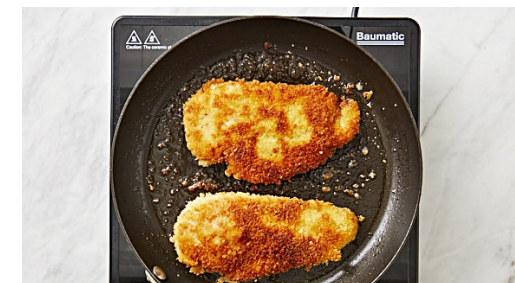
2. Prepare chicken

Whisk **1 egg** in a shallow bowl. Put **2 tbs flour** and **breadcrumbs** in separate shallow bowls. Put the **chicken** onto a board. Place your hand on top and carefully slice in half horizontally through the middle.



5. Cook greens

While the chicken is grilling, heat **1 tbs olive oil** in a large frypan over medium-high heat. Add the **Tuscan kale, zucchini** and **2 tbs water**, cover and cook for 2 mins, then add the **peas** and cook for a further 3 minutes or until the vegetables are just tender.



3. Crumb chicken

Season the **chicken** with **salt and pepper**. Dust the chicken with **flour**, shake off excess, then dip in the **egg** and coat in the **breadcrumbs**. Heat **2 tbs olive oil** in a medium frypan over medium heat, add the chicken and cook for 4 mins each side or until the chicken is cooked through.



6. Get ready to serve

Add the **lemon zest, lemon juice** and **10g butter** and season with **salt and pepper**. Cook, tossing the pan, until the butter melts and coats the vegetables. Divide the **lemony greens** and **cheesy chicken schnitzels** among plates and serve.

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