



## Cheesy Chicken Schnitzel

with Tomato and Lemony Greens



20-30min



4 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

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

## What you'll require

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

## Utensils

- foil
- oven tray

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

## Allergens

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

## Nutrition per serving

Energy 730kcal, Fat 40.3g, Carbs 32.1g, Proteins 54.8g



### 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 **lemon zest** then juice the lemon. Coarsely grate the **cheese**.



### 4. Grill topping

Meanwhile, combine the **tomato**, **2 tsp Italian herbs** (the remaining Italian herbs won't be used in this dish), **1 tbs olive oil** and **1 tsp sugar** in a small bowl. 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 **2 eggs** in a shallow bowl. Put the **50g (½ cup) 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 **60ml (¼ cup) water**, cover and cook for 2 mins, then add the **peas** and cook for a further 3 mins 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 **60ml (¼ cup) olive oil** in a large 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 **20g 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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from at least **55%**  
**Australian ingredients**