

# MARLEY SPOON



## Chicken Schnitzel

with Winter Mash and Garlic Thyme Butter



20-30min



2 Portions

Mmmm... schnitzel, a dish the whole family can get behind and what's not to love? Tender, juicy chicken breast coated in crumbs and fried until golden and crisp, zucchini slices dressed with a thyme-infused butter sauce, and a sweet root vegetable mash - all on the same plate - make for a winning winter dinner. Make the prep fun by putting little hands on crumbing duties - they'll love helping ...

## What we send

- 1
- thyme
- 1 garlic clove

## What you'll require

- butter <sup>7</sup>
- egg <sup>3</sup>
- neutral-flavoured oil
- plain flour <sup>1</sup>
- red wine vinegar <sup>17</sup>
- sea salt and pepper

## Utensils

- large frypan
- paper towel
- potato masher
- small saucepan

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

## Cooking tip

Infusion requires gentle cooking, so keep heat low and remove from the stovetop before the garlic turns golden. ~Putting schnitzels on a rack over paper towels helps to maintain the crisp exterior.

## Allergens

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

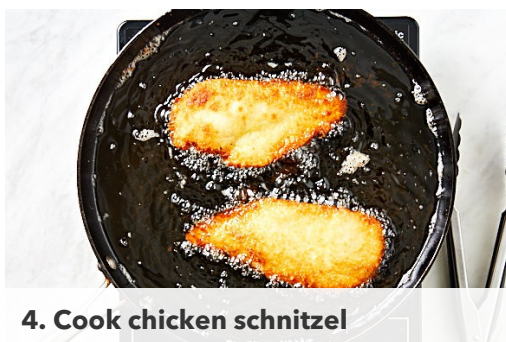
## Nutrition per serving

Energy 685kcal, Fat 26.6g, Carbs 57.3g, Proteins 48.7g



### 1. Cook root vegetables

**Read through the recipe.** Peel and cut the **sweet potato** into 2cm chunks. Peel and cut the **potato** into 2cm chunks. Peel and core the **parsnip**, then cut into 1cm chunks. Put the sweet potato, potato and parsnip in a medium saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 10-12 mins until tender. Drain and keep warm.



### 4. Cook chicken schnitzel

Heat 1cm oil in a large frypan over medium heat. Cook the **chicken schnitzels** for 3 mins each side or until golden and cooked through. Drain on roasting rack set over paper towel (see cooking tip).



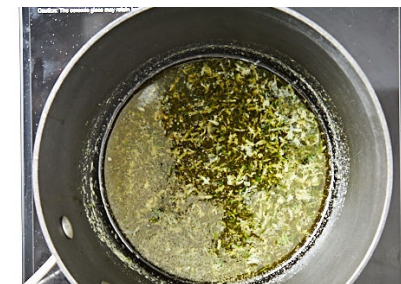
### 2. Prepare chicken schnitzel

Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Whisk the **egg** in a shallow dish. Put **2 tbs flour** in a shallow dish and season well with **salt and pepper**. Put **breadcrumbs** in a shallow dish. Dust the chicken with flour, then shake off excess. Dip in egg, then coat in breadcrumbs. Refrigerate for 10 mins.



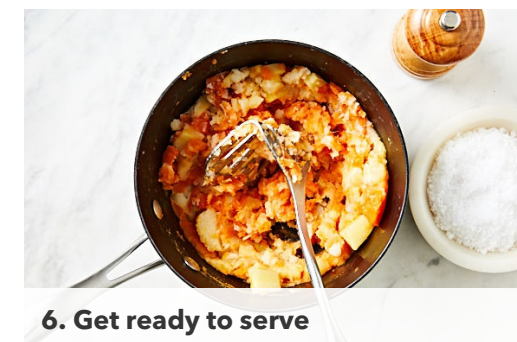
### 5. Cook zucchini

Meanwhile, stir  $\frac{3}{4}$   **tsp red wine vinegar** into the **butter sauce** and return to a medium heat. Add the **zucchini**, season with **salt and pepper** and cook, stirring, for 1 min or until the zucchini is slightly softened.



### 3. Make butter sauce

Meanwhile, thinly slice the **zucchini** and set aside. Crush or finely chop the **garlic**. Finely chop the **thyme** leaves, discarding the tough stems. Melt **30g butter** in a small saucepan over medium heat. Reduce heat to low, add the garlic and thyme and cook for 5 mins to infuse the butter with flavour (see cooking tip). Remove from the heat.



### 6. Get ready to serve

Mash the **root vegetables** until smooth. Add **10g butter**, season with **salt and pepper** and stir until well combined. Divide the **mash, chicken schnitzels** and **zucchini** among plates to serve.