

Id01649 hero chickenschnitzel 02

Chicken Schnitzel

with Winter Mash and Garlic Thyme Butter



30-40min



4 Portions

Mmmm... schnitzel. Now here's a dish the whole family can get behind; what's not to love? Tender, juicy chicken breast coated in crumbs then fried until golden and crisp, zucchini strips 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 ...

What we send

- potato
- thyme, garlic
- parsnip, zucchini
- panko breadcrumbs ¹
- sweet potato
- 2 large free-range chicken breast fillets

What you'll require

- butter ⁷
- eggs ³
- neutral-flavoured oil
- plain flour ¹
- red wine vinegar ¹⁷
- sea salt and pepper

Utensils

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

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.

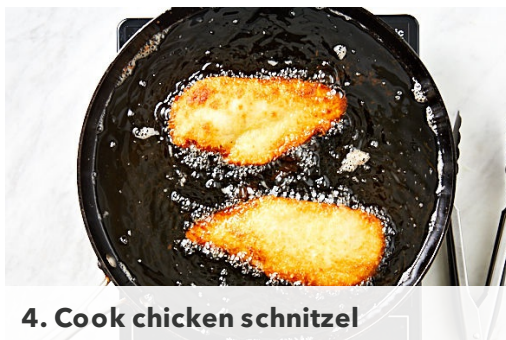
Nutrition per serving

Energy 685kcal, Fat 26.6g, Carbs 57.7g, Proteins 48.7g



1. Cook root vegetables

Read through the recipe. Peel and cut the **sweet potato** into 2cm chunks. Peel and cut the **potatoes** into 2cm chunks. Peel and core the **parsnips**, then cut into 1cm chunks. Put the sweet potato, potato and parsnip in a large 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.



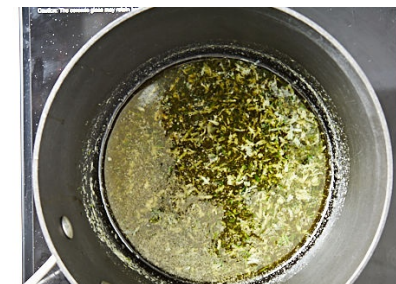
4. Cook chicken schnitzel

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



2. Prepare chicken schnitzel

Put **chicken breasts** flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Whisk the **eggs** in a shallow dish. Put **50g (1/3 cup) flour** in a shallow dish and season well with **salt and pepper**. Put **breadcrumbs** in a shallow dish. Dust chicken with flour, then shake off excess. Dip in egg, then coat in breadcrumbs. Refrigerate for 10 mins.



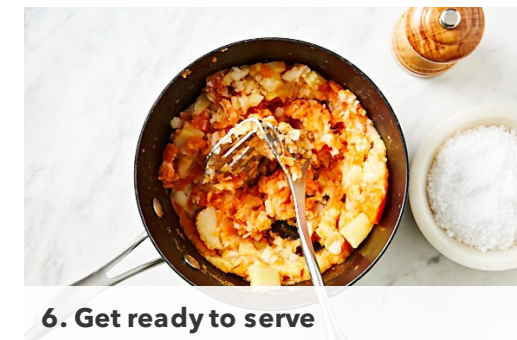
3. Make butter sauce

Meanwhile, thinly slice the **zucchini** and set aside. Crush or finely chop the **garlic**. Finely chop the **thyme** leaves, discarding the tough stems. Melt **60g 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.



5. Cook zucchini

Meanwhile, stir **1 1/2 tbs 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.



6. Get ready to serve

Mash the **root vegetables** until smooth. Add **20g butter**, season with **salt and pepper** and stir until well combined. Divide the **mash, chicken schnitzels** and **zucchini** among plates to serve.

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