



Ultimate Parmigiano Crumbed Chicken Schnitzel with Mash, Mustard Cream Sauce and Tenderstem®

36

Ultimate 40-45 Minutes



Potatoes



Garlic Clove



Tenderstem® Broccoli



Chicken Breast



Panko Breadcrumbs



Parmigiano Reggiano



Wholegrain Mustard



Chicken Stock Paste



Creme Fraiche

Pantry Items

Oil, Salt, Pepper, Egg, 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

Saucepan, garlic press, baking paper, bowl, whisk, frying pan, baking tray, colander and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Tenderstem® Broccoli**	80g	120g	150g
Chicken Breast**	2	3	4
Panko Breadcrumbs 13	25g	35g	50g
Parmigiano Reggiano** 7	20g	30g	40g
Wholegrain Mustard 9	17g	25g	34g
Chicken Stock Paste	10g	15g	20g
Crema Fraiche** 7	75g	120g	150g
Pantry	2P	3P	4P
Egg*	1	1	1
Butter*	20g	30g	40g
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	540g	100g
Energy (kJ/kcal)	2954 / 706	547 / 131
Fat (g)	31.8	5.9
Sat. Fat (g)	16.7	3.1
Carbohydrate (g)	54.2	10.0
Sugars (g)	5.1	0.9
Protein (g)	56.3	10.4
Salt (g)	2.35	0.44

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

Allergens

7) Milk **9)** Mustard **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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Cook the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** to the boil. Peel and chop the **potatoes** into 2cm chunks.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Halve any thick **broccoli stems** lengthways.

When boiling, add the **potatoes** to the pan of **water** and cook until you can easily slip a knife through, 15-20 mins.



Time to Roast

Transfer the **chicken** to a baking tray and add the **broccoli** to the other side of the tray. Scatter the **Tenderstem®** with the **garlic**, a drizzle of **oil** and a pinch of **salt** and **pepper**. Toss to coat. **TIP:** Use *two baking trays if necessary*.

Bake the **chicken** and **broccoli** on the middle shelf of your oven until cooked through and tender, 10-12 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

Discard the **oil** from the **chicken** pan.



Bread the Chicken

Meanwhile, sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2 cm thick. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Crack the **egg** (see pantry for amount) into a medium bowl and whisk.

Put the **panko breadcrumbs** and **half the Parmigiano Reggiano** into another medium bowl, then season with **salt** and **pepper**.



Mash and Sauce Time

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Mash until smooth.

Stir through the **butter** (see pantry for amount) and the remaining **Parmigiano**. Season with **salt** and **pepper**, then cover with a lid to keep warm.

Return the (now empty) frying pan to medium heat. Add the **mustard**, **chicken stock paste**, **creme fraiche** and **water for the sauce** (see pantry for amount). Bring to a boil and simmer until thickened slightly, 3-4 mins.



Fry your Schnitzel

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.*

Pop a large frying pan on high heat with enough **oil** to coat the bottom of the pan. **TIP:** *You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.*

Once hot, carefully lay the **chicken** into the pan, and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.



Finish and Serve

When everything's ready, share the **mash** and **broccoli** between your plates.

Slice your **ultimate chicken schnitzel** widthways into 2cm thick slices and serve alongside with the **mustard cream sauce** spooned on top.

Enjoy!