



Alpine Chicken Schnitzel and Cheesy Roasties

with Honey-Mustard Spring Greens and Redcurrant Jelly

Winter Ski Trip 35-45 Minutes • 1 of your 5 a day

5



Potatoes



Chicken Breasts



Breadcrumbs



Sliced Spring Greens



Garlic Clove



Grated Hard Italian Style Cheese



Honey



Wholegrain Mustard



Redcurrant Jelly

Pantry Items

Oil, Salt, Pepper, Egg, Sugar, Butter, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, baking paper, rolling pin, bowl, frying pan, lid and garlic press.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chicken Breasts**	2	3	4
Breadcrumbs 13	50g	75g	100g
Sliced Spring Greens**	150g	200g	300g
Garlic Clove**	2	3	4
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Honey	15g	22g	30g
Wholegrain Mustard 9	8g	13g	17g
Redcurrant Jelly	37g	62g	74g
Pantry	2P	3P	4P
Egg*	1	1	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Sugar*	1 tsp	1½ tsp	2 tsp
Butter*	20g	30g	40g
Mayonnaise*	3 tbsp	4½ tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	596g	100g
Energy (kJ/kcal)	3539 /846	593 /142
Fat (g)	33.3	5.6
Sat. Fat (g)	10.0	1.7
Carbohydrate (g)	83.8	14.1
Sugars (g)	20.1	3.4
Protein (g)	55.5	9.3
Salt (g)	2.51	0.42

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

Allergens

7) Milk **8)** Egg **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, cereals containing 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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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two *baking trays if necessary.*

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Time for Greens

Transfer the **chicken** to a large baking tray and bake on the middle shelf of your oven until cooked through, 8-10 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

Meanwhile, carefully discard the **oil** from the **chicken** pan. Wipe it out and pop on medium-high heat with a drizzle of **oil**.

Once hot, add the **spring greens** along with the **water** (see pantry for amount), cover with a tight-fitting lid and cook until wilted, 5-6 mins.



Get Prepped

Meanwhile, sandwich each **chicken breast** between two pieces of baking paper. Pop onto a board, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2 cm thick.

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

Put the **breadcrumbs** into another medium bowl, mix and season with the **salt** (see pantry for amount) and **pepper**.



Cheese Please

While the **spring greens** cook, peel and grate the **garlic** (or use a garlic press).

When the **potatoes** have 5 mins left, sprinkle over **half** the **hard Italian style cheese**, then return to the oven for the remaining time.

When the **schnitzel** is cooked, sprinkle over the remaining **cheese**. Cover to keep warm.

When the **spring greens** have softened, stir in the **garlic**, **honey**, **butter** (see pantry for amount) and **wholegrain mustard**. Fry, 1 min. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*



Bread the Chicken

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 and add 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.



Serve Up

Share the **chicken schnitzels** between your plates. Serve the **roasted potatoes** and **spring greens** alongside.

Serve with the **redcurrant jelly** and **mayo** (see pantry for amount) for dipping.

Enjoy!