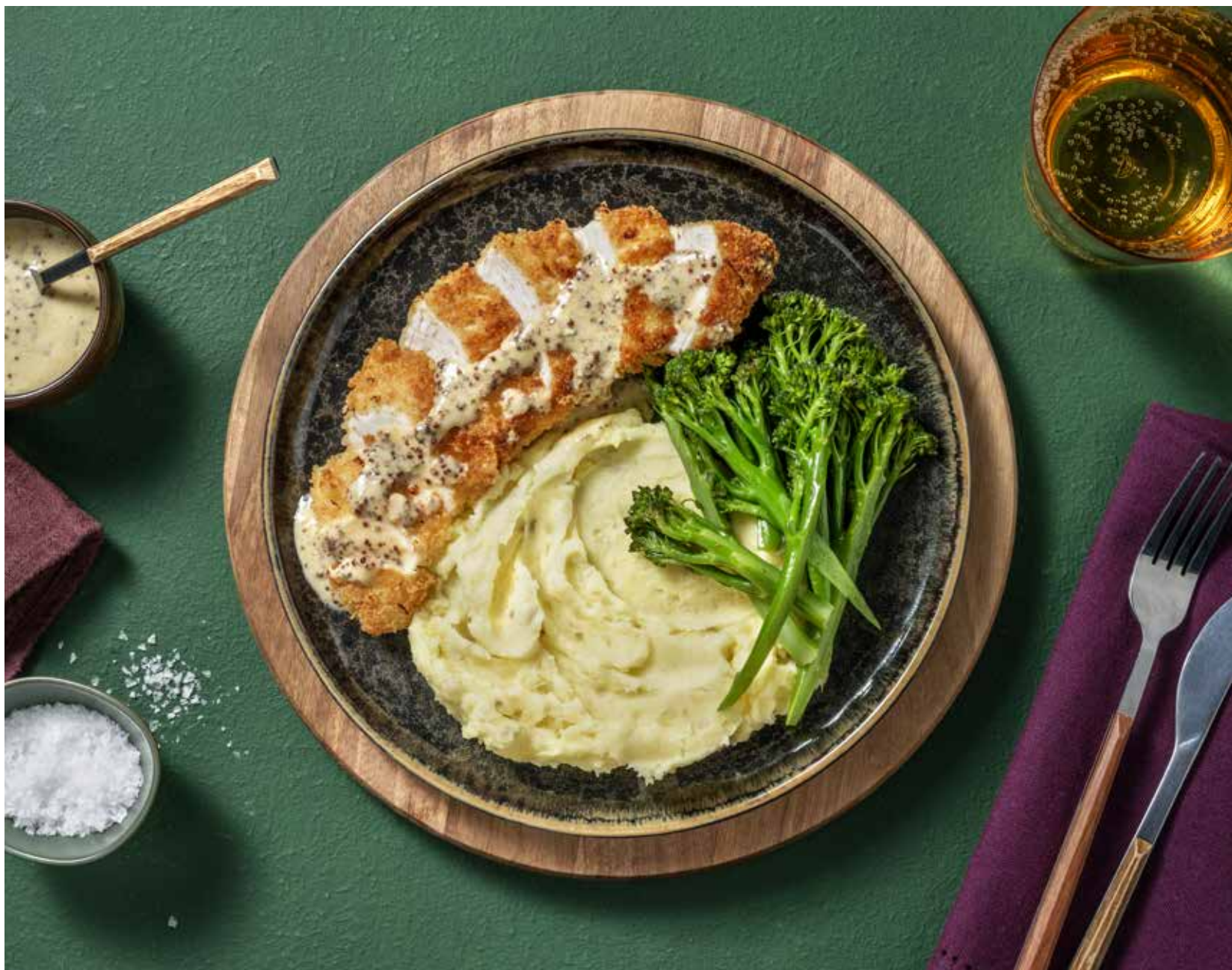




Ultimate Parmigiano Crumbed Chicken Schnitzel with Mash, Mustard Cream Sauce and Tenderstem®

36

Ultimate 40-45 Minutes



Potatoes



Garlic Clove



Panko Breadcrumbs



Parmigiano Reggiano



Chicken Breast



Tenderstem® Broccoli



Creme Fraiche



Wholegrain Mustard



Chicken Stock Paste

Pantry Items
Oil, Salt, Pepper, Egg

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, frying pan, kitchen paper, lid and colander.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Panko Breadcrumbs 13)	25g	35g	50g
Parmigiano Reggiano** 7)	20g	30g	40g
Chicken Breast**	2	3	4
Tenderstem® Broccoli**	150g	200g	300g
Creme Fraiche** 7)	150g	225g	300g
Wholegrain Mustard 9)	17g	25g	34g
Chicken Stock Paste	10g	15g	20g
Pantry	2P	3P	4P
Egg*	1	1	1
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 600g	Per 100g 100g
Energy (kJ/kcal)	3172 / 758	529 / 126
Fat (g)	35.7	6.0
Sat. Fat (g)	18.9	3.2
Carbohydrate (g)	57.2	9.5
Sugars (g)	6.9	1.2
Protein (g)	58.4	9.7
Salt (g)	2.21	0.37

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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Get Prepped

Bring a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** to the boil. Peel and chop the **potatoes** into 2cm chunks.

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

Meanwhile, peel and grate the **garlic** (or use a garlic press).

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.



Bring on the Broccoli

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Halve any thick **broccoli stems** lengthways, then stir-fry for 2-3 mins. Add the **garlic**, cook for 1 min more, then add a splash of **water**.

Pop a lid on the pan, or cover in foil, and cook until tender, a further 2-3 mins. Season with **salt** and **pepper**.

Once cooked, transfer the **broccoli** to a bowl and cover to keep warm. Wipe out the pan.



Bread the Chicken

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** and mix well.

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.



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 remaining **cheese**, **half** the **creme fraiche**. Taste and season with **salt** and **pepper**, then cover with a lid to keep warm.

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



Fry your Schnitzel

Pop a large frying pan on high heat and add enough **oil** to completely 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. Reduce the heat to medium-high and fry until golden and cooked through, 8-10 mins total. Turn every 2-3 mins and adjust the heat as necessary.

Once cooked, transfer the **chicken** to a clean plate lined with kitchen paper. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Finish and Serve

Once the **sauce** has thickened, taste and season if needed.

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

Slice your **ultimate chicken schnitzel** widthways and serve alongside with the **mustard cream sauce** spooned on top.

Enjoy!