

DINNERLY



No. 1 Cheesy Chicken Schnitzels

From our Top of the Pops range!



30 minutes



2 Servings

This recipe is from our Top of the Pops range, on our menu every week! These chart-topping hits feature your most-loved, top-rated recipes, so you can cook your all-time fave Dinnerly dishes any night you like. We've amped up our No. 1 Cheesy Chicken Schnitzels with Italian seasoning and parmesan in the breadcrumb coating for an extra crunch. Serve them with caramelised onion mash and peas for the delish-est schnitties ever!

WHAT WE SEND

- 2 potatoes
- 1 onion
- 25g parmesan ³
- chicken breast fillet
- 40g panko breadcrumbs ^{2,5}
- 10g Italian seasoning ⁴
- 150g peas

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 70ml olive oil
- 1 egg ¹
- 1 tbs plain flour ^{2,5}
- 2 tsp sugar
- 2 tsp balsamic or red wine vinegar

TOOLS

- fine grater
- medium saucepan with lid
- potato masher
- medium frypan
- small saucepan
- paper towel

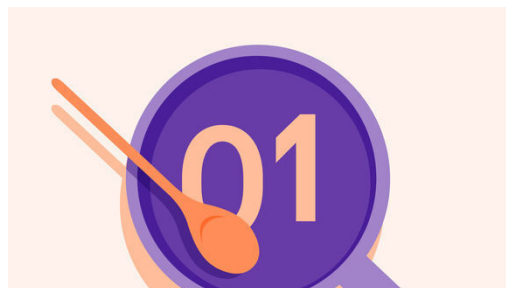
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (1), Gluten (2), Milk (3), Sulphites (4), Wheat (5). May contain traces of other allergens.

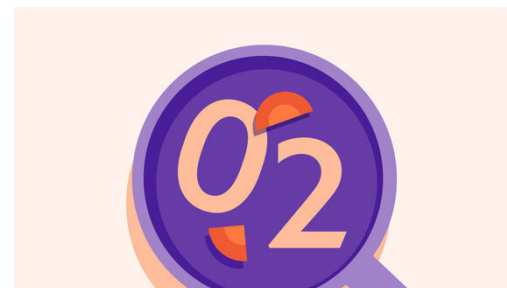
NUTRITION PER SERVING

Energy 870kcal, Fat 40.3g, Carbs 67.1g, Protein 54.3g



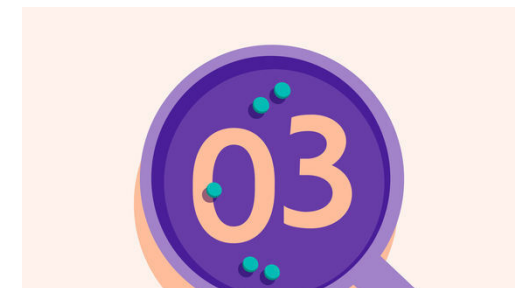
1. Mash potato

Peel the **potatoes** and cut into 2cm chunks. Thinly slice the **onion**. Finely grate the **parmesan**. Put the potato 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 return to the pan. Mash the potato until smooth. Add **1 tbs olive oil**, season with **salt and pepper** and stir to combine.



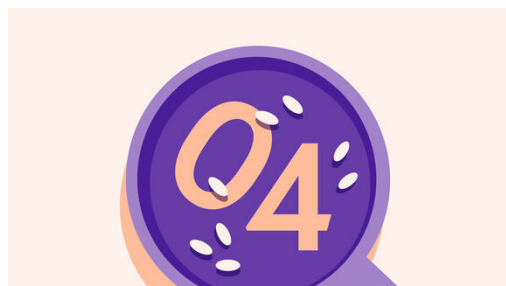
2. Crumb chicken

Meanwhile, put the **chicken** flat on a board, put your hand on top and halve horizontally into fillets. Whisk **1 egg** in a bowl. Reserve **1 tbs parmesan**. Combine the **breadcrumbs**, **half the Italian seasoning*** and **remaining parmesan** in a shallow bowl. Put **1 tbs flour** in a separate bowl. Dust chicken with flour, shake off excess, then dip in egg and coat in breadcrumb mixture.



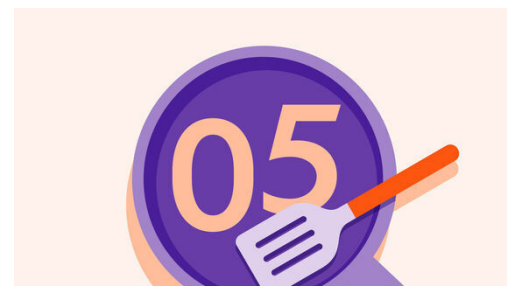
3. Caramelize onion

Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **onion**, stirring, for 3-4 mins until softened. Add **2 tsp sugar** and **2 tsp balsamic vinegar** and cook, stirring occasionally, for 5 mins or until the onion is caramelised. Add the onion to the mashed potato and stir to combine, then cover to keep warm. Reserve the frypan.



4. Cook schnitzels

Bring a small saucepan of water to the boil for the peas. Heat **2 tbs olive oil** in the reserved frypan over medium heat. Cook the **chicken schnitzels** for 2-3 mins each side until golden and cooked through. Remove from the pan and drain on paper towel. Season with **salt and pepper**.



5. Serve up

While the schnitzels are cooking, add the **peas** to the pan of boiling water and cook for 2 mins or until tender. Drain, then season with **salt and pepper**. Divide the **onion mash**, **chicken schnitzels** and peas among plates. Scatter over the **reserved parmesan** and enjoy!



6. Make it yours

Feel free to serve the chicken with mayo or tomato sauce for dipping.