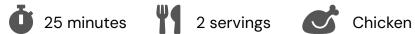






Chicken Milanese

Crispy lemon and herb crusted schnitzels served with a fresh rocket, cucumber, and cherry tomato salad, drizzled in zesty dressing







FROM YOUR BOX

CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
ROCKET LEAVES	1 bag
CHICKEN SCHNITZELS	600g
LEMON	1
PANKO CRUMBS	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

For a more filling meal you can add some roast potatoes, sweet potato or pumpkin on the side.

No gluten option - panko crumbs are replaced with GF cornflakes. Crush to resemble a crumb before using to coat the chicken.

1. PREPARE THE SALAD

Halve tomatoes and slice cucumber. Toss together with rocket leaves.



TIP You can add sliced radishes, capsicum or chopped fresh herbs to the salad. Add some shaved parmesan cheese for a salty finish.

2. COOK THE CHICKEN

Zest 1/2 lemon. Coat chicken schnitzels with zest, oil, salt, and pepper. (see tip). Press into panko crumbs until coated on all sides. Heat a large frypan over medium-high heat and cover base with oil. Cook chicken for 3-4 minutes each side until crispy and cooked through.



You can also add a dried herb of choice for added flavour. We used 1 tsp dried Italian herbs.

3. DRESS THE SALAD

Whisk 1/2 lemon juice (wedge remaining) with 1 tbsp olive oil, salt and pepper. Toss with salad until coated.

4. FINISH AND SERVE

Serve crispy chicken with salad and lemon wedges.

This recipe has simplified instructions to help lower your meal cost.