



Chicken Schnitzels

with Watercress Salad and Sweet Potato

Golden chicken schnitzels, served with a fresh watercress, apple and celery salad and roast sweet potato chips.



30 minutes



2 servings



Chicken

FROM YOUR BOX

SWEET POTATOES	400g
CHICKEN SCHNITZELS	300g
CELERY STALK	1
GREEN APPLE	1
WATERCRESS	1 sleeve

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

If you have any salad left over you can add more to stretch it out for another meal! Add some sliced cucumber, radish or avocado. Toss a grain through and serve with hard boiled eggs or protein of choice.

1. ROAST THE SWEET POTATO

Set oven to 220°C. Cut sweet potato into wedges and toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until golden and cooked through.

TIP *You can dice the sweet potato or turn into a mash if preferred! Add a ground spice for extra flavour.*

2. COOK THE CHICKEN

Heat a frypan or griddle pan over medium–high heat. Coat chicken with seasoning of choice (see tip), **oil, salt and pepper**. Cook for 3–5 minutes each side or until cooked through.

TIP *We made a quick marinade using 1 tsp dijon mustard, 2 tsp olive oil and 1/2 tsp dried tarragon. Ground cumin or coriander, lemon pepper or dried thyme would also compliment with the watercress salad.*

3. PREPARE THE SALAD

Slice celery, apple and trim watercress (use to taste). Toss together in a large serving bowl or plate.

TIP *You can make a vinaigrette to dress the salad. We used 1/2 tbsp apple cider vinegar whisked with 1 tbsp olive oil. A squeeze of lemon juice would also work well.*

4. FINISH AND SERVE

Serve chicken and watercress salad with roast sweet potatoes.

TIP *Add some toasted nuts, crumbled feta or goats cheese to the salad.*

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