



Homestyle Chicken Schnitzels

with Mash

Herby chicken schnitzels served over creamy mashed potato with tender vegetables and a simple garlic butter sauce.



30 minutes



Chicken



2 servings

FROM YOUR BOX

MEDIUM POTATOES	3
BROCCOLI	1
CARROT	1
CORN COB	1
CHICKEN SCHNITZELS	300g
GARLIC CLOVE	1

FROM YOUR PANTRY

oil for cooking, salt and pepper, butter, flour of choice, dried herb of choice.

NOTES

You can crumb the chicken with bread crumbs, panko crumbs or crushed cornflakes for extra crunch. To elevate the chicken even more, pour over passata and sprinkle with grated cheese before melting under the grill to make chicken parmigiana.

We used dried tarragon for the sauce. Dried oregano, thyme or rosemary also works well!

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1. MAKE THE MASH

Roughly dice **potatoes** (see tip). Add to a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes or until tender. Reserve **1/4 cup cooking water** before draining. Return **potatoes** to saucepan along with reserved cooking liquid (see tip). Mash to desired consistency. Season well with **salt and pepper**.

TIP *Peel potatoes for a smoother mash if desired. Use milk instead of cooking water, add cream, butter or olive oil for extra flavour.*

2. BLANCH THE VEGETABLES

Meanwhile, cut **broccoli** into small florets. Slice **carrot** and cut **corn** into cobettes. Bring a saucepan of water to the boil. Add **vegetables** and cook for 3–5 minutes until tender. Drain and season **salt and pepper**. Set aside.

TIP *You can roast, steam or sauté the vegetables if preferred.*

3. COOK THE CHICKEN

Heat a frypan over medium–high heat with **oil**. Coat **chicken** with **1 tbsp flour, 1/2 tsp dried herb of choice, salt and pepper** (see notes). Add to pan and cook for 4–5 minutes each side or until cooked through. Remove to a plate.

Add **2 tbsp butter** and crushed **garlic** to pan. Cook, stirring, until foamy. Take off heat. And pour over **chicken**.

TIP *You can omit the butter sauce and serve the chicken with gravy or a chimichurri if preferred. Fresh chopped parsley or thyme leaves can be added to the butter.*

4. FINISH AND SERVE

Divide **potato mash, vegetables** and **chicken with sauce** among plates and serve.

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