


## Chicken Schnitzel with New Potato and Beetroot Salad

**Serves 10**

Ingredients	
5 medium (650g) chicken breasts, skinless boneless	1 (6g) clove of garlic, crushed
320g fresh wholemeal breadcrumbs	45g parmesan cheese, grated
25g fresh parsley, chopped	50 ml vegetable oil
50g plain flour	200g pre cooked beetroot, diced
1 large egg	400g new potatoes, cooked, diced
2 ½ tbsp (40 ml) milk	2 tbsp (30g) mayonnaise

- **METHOD:**
  - Place new potatoes in a large pan to cook
  - Combine breadcrumbs, parmesan, parsley, and garlic on plate. Place flour on a separate plate. Whisk egg and milk together in shallow bowl.
  - Coat 1 piece of chicken, in flour, dip in egg mixture, coat in breadcrumb mixture. Repeat with remaining chicken.
  - Meanwhile take the cooked new potatoes and the beetroot and combine with the mayonnaise to make a salad.
  - Heat oil, cook chicken for 4-5 min each side or until golden and cooked through. Transfer to a plate lined with paper towel to drain. Small amounts of extra vegetable oil can be used if pan becomes dry between each portion.
  - When cooked, cut each breast into two and serve with the salad.
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- ✓ FOR VEGETARIAN DIETS, OMIT CHICKEN, USE QUORN FILLETS
  - ✓ FOR DAIRY FREE DIETS, OMIT PARMESAN CHEESE AND MILK (BIND BREADCRUMBS WITH EGG ALONE)
  - ✓ FOR EGG FREE DIETS, OMIT EGG, AND USE MILK AFTER COATING IN FLOUR TO BIND BREADCRUMBS
  - ✓ FOR WHEAT FREE DIETS, OMIT WHOLEMEAL BREAD AND PLAIN FLOUR USE WHEAT/GLUTEN FREE BREAD, WHEAT FREE FLOUR

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
264	20.4	10.5	23.5	3.9	0.7	1.6	98