

# Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in  
"Foodie Thursday".



## Chicken Schnitzel with Apple Salad

ready in under 25 minutes!



### Ingredients – serves 4 people

4 chicken breasts pounded to  
6mm thickness (120gm each)  
3 Tbsp flour to coat  
salt & pepper to taste  
2 eggs + 4 Tbsp water (mixed  
together)  
½ cup breadcrumbs (Japanese panko are best)  
8 Tbsp cooking oil

#### dressing ingredients

½ red apple (cored & chopped)  
4 Tbsp white vinegar (balsamic or cane sugar or  
rice vinegar)  
1 Tbsp lemon juice

1 spring onion (washed, drained &  
chopped)  
1 Tbsp Dijon mustard  
1 Tbsp honey  
12 Tbsp olive oil  
salt & pepper to taste

1 pkt baby spinach leaves (washed & drained)  
1 head baby gem lettuce (washed & drained)  
4 large radishes (washed & grated)  
½ red apple (cored & sliced thinly)  
1 lemon (washed, drained and cut  
into ¼)

### Method

Breadcrumb the chicken by coating in seasoned flour, egg wash and then the breadcrumbs. Place onto a plate lined with paper towel.

Place all dressing ingredients into a blender jug and blitz on high speed until smooth and creamy. Season with salt and pepper to taste.

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Pre-heat a frying pan/skillet on a medium heat.  
Add the oil, once hot, carefully add chicken schnitzels to the pan.  
Cook for 3 minutes until golden brown and then turn over.  
Cook for a further 2-3 minutes.

If cooking in 2 batches, keep the first schnitzels warm under a grill.

Make the salad by tossing the leaves, apple and radish together. Add enough apple vinaigrette to coat and toss together.

Place cooked schnitzel on the serving plate and add salad.  
Serve with a quarter lemon.

Serve with lime wedges on the side.

Notes from the chef:

Veal may also be used and is more traditional, Use boneless loin.

If you need to pound the meat flat yourself then lay between cling film and hit with the flat side of a meat hammer. A rolling pin or glass bottle also works but take care not to hit too hard.

Red apple gives a rounded balance to the vinaigrette and the skin looks great too. For a sharper more tangy dressing, use a granny smith apple.

The crumb gives a delicious crunch and provides carbohydrates.

Although pan fried, each serving of schnitzel will only be about 335kcal

The schnitzel and dressing may be made in advance.

Tbsp - tablespoon

Tsp - teaspoon