



Chicken Schnitzel with Simple Potato Salad

The Chicken schnitzel is a crispy chicken and it's always a big hit in any meal!

This is a quick and healthy recipe with an easy-to-make potato salad using natural yogurt as an alternative to mayo, with fewer calories and less fat. It's the perfect side for the Chicken Schnitzel!

Nutritional Info

Calories: 650.5 kcal
Carbohydrates: 95 g
Protein: 12 g
Fat: 58 g

Ingredients

- | | | |
|---------------------|---------------------|----------------------------|
| • Chicken Fillet | • Flour | Your Pantry |
| • Natural Yogurt | • Panko Breadcrumbs | |
| • Dill | • Baby Potatoes | • Olive Oil / Rapeseed oil |
| • Horseradish Sauce | • Cucumber | |
| • Egg | • Lemon | |

Allergens

Dairy (Egg, Yogurt, Horseradish Sauce)
Wheat (Breadcrumbs, Flour)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Boil the Potatoes**

Boil the potatoes in a pot of salted boiling water for about 15 minutes.

2) **Prepare the Potato Salad Sauce**

In a bowl combine the natural yogurt and horseradish sauce. Chop the dill and keep some aside as a garnish for later. Stir the rest of the dill through the natural yogurt and horseradish mixture. Season with salt & pepper. Set the sauce aside and move on to the next step.

3) **Flatten the Chicken**

Place the chicken between two pieces of clingfilm or baking paper. Using a rolling pin pound the chicken until it's about a half a cm thick.

4) **Coat the Chicken**

Put the flour in one bowl. Put the panko breadcrumbs in another bowl. Crack the egg into a third bowl and separate bowl and beat it with a fork. Season the chicken with salt & pepper. Dip the chicken first in the flour, then in the egg and finally in the panko breadcrumbs.

5) **Fry the Chicken**

In a large frying, add enough oil to come 2cm up the side of the pan. Heat the oil to 180C – if you don't have a thermometer, drop a bit of panko into the oil and if it sinks a little then starts to fry, the oil is ready. Add the chicken and cook for 2 – 3 minutes on each side, then remove and leave to rest on top of some kitchen paper to soak up any excess oil.

6) **Finish the Potato Salad**

Remove the potatoes from the boiling water. Cut into quarters and mix through the sauce you have set aside earlier. Now slice the cucumber and also mix this through the sauce.

7) **Plate the dish**

Serve the chicken schnitzel with the potato salad on the side. Squeeze some fresh lemon juice over the top and finish with a garnish of dill.



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