

Crunchy chicken schnitzel with apple and pear salad

- **Nut-free**
- **Peanut-free**
- **Sesame-free**
- **Shellfish-free**
- **Seafood-free**
- **1 serve Veg or Fruit**

Complete with a lemon caper butter, this golden schnitzel pairs perfectly with a crisp and subtly sweet apple and pear salad.

- Serves 4
- Cooktime 35 mins 35 minutes
- Preptime 35 mins

Ingredients

- 3 cups (225g) panko breadcrumbs
- 1 tbs finely grated lemon rind
- 1 tsp garlic powder
- 1 Coles Australian Free Range Egg
- 1 tbs milk
- 1/4 cup (35g) plain flour
- 2 large Coles RSPCA Approved Chicken Breast Fillets, halved horizontally
- Extra virgin olive oil, to shallow-fry
- 1 Jazz apple, very thinly sliced
- 1 pear, very thinly sliced
- 1 fennel, finely shaved, fronds reserved
- 120g pkt Coles Australian Baby Spinach
- 1/3 cup (80ml) lemon vinaigrette dressing

Lemon caper butter

- 75g butter
- 2 tbs drained baby capers

- 2 tbs lemon juice

Nutritional information

Per serve: Energy: 3981kJ/952 Cals (46%), Protein: 49g (98%), Fat: 56g (80%), Sat Fat: 17g (71%), Sodium: 556mg (28%), Carb: 59g (19%), Sugar: 15g (17%), Dietary Fibre: 8g (27%). Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Combine the breadcrumbs, lemon rind and garlic powder in a large bowl. Season. Whisk the egg and milk in a bowl. Place the flour on a plate. Coat each piece of chicken in flour, shaking off excess. Dip in the egg mixture, then in the breadcrumb mixture and turn to coat. Transfer to a plate.

2. Step 2

Add enough oil to come 2cm up the side of a large deep frying pan. Heat over medium-high heat. Cook the chicken, in batches, for 6-8 mins each side or until golden and cooked through. Transfer to a baking tray. Cover loosely with foil to keep warm.

3. Step 3

Meanwhile, to make lemon caper butter, melt the butter in a small frying pan over medium heat. Add the capers and cook, stirring, for 2 mins. Stir in the lemon juice and season with pepper.

4. Step 4

Place the apple, pear, fennel and spinach in a large bowl. Drizzle with vinaigrette and toss to combine. Divide the chicken and salad among serving plates. Drizzle with lemon caper butter and sprinkle with reserved fennel fronds.