THE LIGHTER PLATE METHOD

Chicken Schnitzel with Apple & Walnut Salad

Thin, crisp schnitzel against a sharp apple and walnut salad — proper contrast on one plate.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**15 min**	**30 min**	**4**	**EASY**

Ingredients

- 4 chicken breasts (butterflied and flattened)
- 60 g plain flour
- 2 eggs (beaten)
- 100 g breadcrumbs
- 1 head chicory (leaves separated)
- 1 apple (thinly sliced)
- 40 g walnuts (roughly chopped)
- 1 tbsp cider vinegar
- 2 tbsp olive oil

Method

1. Dust each chicken breast in flour, dip in beaten egg, then coat in breadcrumbs, pressing to help them stick.
2. Heat a little oil in a large frying pan over a medium heat. Fry the schnitzels for 4–5 minutes each side, until golden and cooked through.
3. Meanwhile, whisk the vinegar and olive oil together with a pinch of salt.
4. Toss the chicory, apple and walnuts with the dressing.
5. Slice the schnitzels and serve with the salad alongside.

Tips & swaps

- Ask your butcher to butterfly the chicken breasts, or do it yourself with a sharp knife and a steady hand.
- Chicory's bitterness is the whole point here — don't swap it for lettuce if you can help it.

Storage & reheating

Best eaten fresh; reheat schnitzel in the oven to keep it crisp, not the microwave.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
450	**38g**	**32g**	**18g**	**4g**

Estimated values, for guidance only. Contains: Egg, Gluten, Tree nuts (walnuts).