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But The Chef

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## Walnut & Rosemary Crumbed Chicken Breast

Goodness me it's Rosemary! Kick your chicken schnitzel experience up to the next level with this irresistible combination of nutty walnut and rosemary crumbed chicken fillet. The mist of the sea floats over to your crunchy potato wedges, bringing this meal together in glorious harmony.



Prep: 15 mins  
Cook: 30 mins  
Total: 45 mins



level 2



Potatoes



Rosemary



Chicken Breast



Panko Bread crumbs



Walnuts



Mixed Salad

2P	4P	Ingredients
450 g	900 g	potatoes, peeled & cut into wedges
1 bunch	2 bunches	rosemary, leaves removed
75 ml	150 ml	milk *
1	2	egg *
2 fillets	4 fillets	chicken breast
50 g	100 g	panko breadcrumbs
30 g	60 g	walnuts, finely chopped
70 g	140 g	mixed salad, washed
2 tbs	2 tbs	olive oil *
1 tbs	2 tbs	balsamic vinegar *

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	4280	Kj
Protein	72	g
Fat, total	48.3	g
-saturated	8.3	g
Carbohydrate	69.1	g
-sugars	6.6	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Toss the **potato wedges** in some oil, half of the **rosemary leaves**, and a good grind of **salt** and **pepper**. Bake the potatoes in the top shelf of the oven for **25-30 minutes** or until brown.

**3** Meanwhile, whisk the **egg** and **milk** together and season well with salt and pepper; place the **chicken** in the milk mixture and allow it to rest for a couple of minutes.

Combine the **breadcrumbs**, **walnuts**, the remaining rosemary, a pinch of salt and pepper in a shallow dish. Remove the chicken from the milk and press it into the crumb mixture until each breast is evenly coated.

Arrange a wire rack on a lined baking tray. (If you don't have a wire rack you can just use a tray). Place the chicken on the rack. Bake for **13-15 minutes** or until the chicken is cooked through.



**4** Serve the chicken with the potato wedges with a side of **mixed salad** topped with a drizzle of **olive oil** and **balsamic vinegar**!



**Did you know?** The name rosemary originates from a latin word meaning “mist of the sea”.