



Classic Chicken Schitzel

WITH SUPER HIGH OLEIC "HEART SMART" SAFFLOWER OIL



INGREDIENTS

Schnitzel

- 500g Chicken Tenderloins
- 2 cups Panko Breadcrumbs
- 1 cup grated parmesan cheese
- 1 cup plain flour
- Salt and Pepper
- 2 eggs, beaten
- 1-2 cups Plenty Safflower Oil

Green Salad

Your choice of leaves and salad items + dressing and mayo on the side (See our fabulous dressing and mayo recipes on the Plenty website, Recipe section!)

Skill Level - Easy

Prep Time - 30 minutes

Cook Time - 10 minutes

Servings - 4

METHOD

1. Gently pound each section of the chicken tenderloin to tenderize the fibres and until each piece is about 1cm thick.
2. Season the flour with half a teaspoon of salt and pepper and mix through.
3. Mix the parmesan cheese and panko bread crumbs.
4. Dip each piece through a) The seasoned flour, b) the egg wash, c) The breadcrumbs.
5. Heat oil and wait until it sizzles a little.
6. Fry the chicken tenderloin 2-3 minutes on each side until golden brown.
7. Serve and enjoy!

TIPS

- Use enough oil to shallow fry the chicken. In a small pan, use 1 cup of Plenty Safflower oil. In large pan, use at least 1.5 cups.
- You can double up the recipe quantity and make sandwiches the next day.
- Home-made mayonnaise is fabulous with this recipe and we have some great mayo recipes on the Plenty website!

You can find a selection of our "everyday gourmet" oils at Woolworths. Our Walnut and Macadamia oils are also available at Coles. To find out where else you can buy our oils go to: <https://www.plentyfoods.com.au/where-to-find-plenty-oils/>



Plenty is Australia's largest producer of cold pressed oils and we were the first in the world to press Macadamia. We used advanced technologies and processes to ensure purity and wholesomeness. Even our refined Safflower oil (developed with CSIRO using gene suppression technology) uses no extreme heat or chemicals in the process. We work with local growers who demonstrate sustainable practices.