

1 hour

Serves 4

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Ingredients:

- Salt and milled pepper
- 4 (about 500g) chicken fillets
- ½ cup (40g) desiccated coconut
- ½ cup (25g) panko breadcrumbs or regular breadcrumbs
- 2 Tbsp (30ml) sesame seeds
- ¼ cup (60ml) flour (optional)
- 1 egg, whisked

Salad:

- 2 packets (120g each) PnP baby leaf salad
- 1 cup (75g) shredded red cabbage
- 1 packet (4) spring onions, sliced
- 1 packet (200g) PnP Tasty Stem broccoli
- 1 packet (100g) bean sprouts

Dressing:

- 1 Tbsp (15ml) olive or canola oil blend
- Juice (80ml) and grated peel of 1 orange
- 2 Tbsp (30ml) low sodium soy sauce
- Salt and milled pepper

Method:

1. Preheat oven to 200°C.
2. Season chicken, cover in clingfilm and flatten with a rolling pin.
3. Combine coconut, breadcrumbs and sesame seeds.
4. Dip fillets in flour (if using), then in egg and finally in crumb mixture.
5. Place on a baking tray lined with baking paper.
6. Bake for 20 minutes.

7. Turn oven grill on high and grill chicken for a further 5 minutes until cooked through and crumbs are golden. Cool and slice.
8. Toss salad ingredients together and arrange on 4 serving plates.
9. Top with schnitzel.
10. Combine dressing ingredients and serve on the side.