

Seeded Chicken Schnitzel with Cauliflower Potato Mash



Serves: 8
Prep: 30 mins
Cook: 8 mins



Dietary: NF, GF
Allergens: Eggs, Dairy
Age group: 8 months+

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Ingredients

Cauliflower Potato Mash

- 600g cauliflower florets, rinsed
- 440g potatoes, peeled and cut into small cubes
- 2 tbsp (40g) unsalted butter, cubed
- 1 tbsp (10g) cornflour or arrowroot

Seeded Chicken Schnitzel

- 1/3 cup (46g) arrowroot
- 2 eggs
- 1 cup (150g) breadcrumbs
- ½ cup (60g) ground mixed seeds (flaxseeds, pepitas, sunflower seeds, chia seeds)
- 600g chicken breast, cut into thin fillets
- Pepper, to taste

- Extra virgin olive oil, for frying
- Lemon wedges, to serve with

Serving suggestion: Serve schnitzel with cauliflower potato mash and mixed steamed vegetables or salad on the side.

Storing Leftovers: Store in an airtight container in the fridge for 3-4 days or freeze for up to 4 months.

Tips

✓ **Allergies:** For an egg-free version: Dip the fillets into milk instead of eggs before crumbing. For a dairy-free version: swap butter for extra virgin olive oil.

✓ **Easy Ingredient Swaps:** Swap chicken for turkey or tofu.

Method

- To prepare the cauliflower potato mash
1. Heat a large pot with water and bring to a boil. Add potato and cook until tender (approx 15-20 mins).
 2. Meanwhile, steam cauliflower until tender.
 3. Drain potato and allow to cool for a few minutes.
 4. Place all vegetables and butter into a food processor and process until smooth.
 5. Add cornflour or arrowroot and process until combined.

To prepare the seeded chicken schnitzel

1. Prepare 3 shallow medium-sized bowls.
2. Add the arrowroot to the first bowl.
3. Add eggs to the second bowl. Whisk eggs.
4. In the third bowl, place the ground mixed seeds and breadcrumbs and mix to combine.
5. Season chicken fillets with pepper then dip each fillet into the arrowroot, then into the eggs and finally into the crumb mix. Press down firmly to ensure that the chicken pieces are coated with the crumbs.
6. Heat olive oil in a large frying pan over medium heat. Place the schnitzels in a single layer in the pan and fry for approximately 3-4 mins on each side. Alternatively, drizzle crumbed schnitzels with a little extra virgin olive oil and bake them in the oven at 180°C for 25-30 mins. Allow to cool slightly on some paper towel before serving.