

Chicken Escalopes with Potatoes and Green Beans



Ingredients:

- 300g Waxy Potatoes
- 80g Green Beans
- 4 - 6 Slices of Bread
- 1 or 2 Eggs
- 1 Whole Chicken Jointed: Use 1 or 2 Chicken Breasts
- 1 Lemon
- 1 Garlic Clove
- Small Bunch of Parsley or Dried Parsley: School will Provide
- Salt and Pepper to Season: School will Provide
- Flour: School will Provide
- Drizzle of Olive Oil: School will Provide

Please bring a container to take your cooked product home in and an additional container for your raw meat.

Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Weigh and measure all the ingredients accurately.
3. To prepare the chicken: Place the chicken on a red chopping board. Remove the packaging and place in the bin. Using a red handled knife, remove the string from the legs. Joint the whole chicken into breasts, thighs, drumsticks and wings. Select 1 or 2 chicken breasts to use for the dish. and dice into even size pieces.
4. Store the remaining meat in a sealed container in the bottom of the fridge.
5. To prepare the breadcrumbs, place the slices of bread in a food processor and blitz until you have even sized breadcrumbs, transfer the breadcrumbs onto a piece of greaseproof paper.
6. Onto another piece of greaseproof paper, sprinkle some flour.
7. Place a piece of greaseproof paper on a baking tray.
8. Crack the egg onto a plate and beat with a fork.
9. Half fill a saucepan with water, place at the back of the hob and bring to the boil.
10. Use a vegetable peeler to remove the skin from the potatoes. Cut the potatoes in half.
11. Bring the saucepan of boiled water to the front of the hob. Add the chopped potatoes to the saucepan. Place back on the back of the hob, bring the water to the boil and reduce to a simmer.
12. Simmer for 15 minutes until almost fork tender.
13. Place the chicken breasts onto a red chopping board and cover with a sheet of cling film.
14. Bash the chicken breast with a meat hammer or rolling pin until evenly flattened.
15. Dip each escalope into the flour and then into the egg mixture. You can use a pastry brush to ensure each side is covered in egg.
16. Then carefully use a fish slice to lift the escalope from the plate and place it into the breadcrumbs, coat both sides evenly.
17. Place the chicken onto the baking tray lined with greaseproof paper.
18. Using oven gloves place the baking tray in the oven for 10 to 15 minutes at 200°C or Gas Mark 6. Ensure the chicken breasts have a core temperature of 75°C before serving.
19. Once the potatoes are tender, add the green beans to the saucepan and cook for a further 3 to 4 minutes.
20. Cut the lemon in half and juice half the lemon.
21. Once the green beans are cooked, use a colander to drain the boiling water. Return the green beans to the saucepan with a drizzle of olive oil, the juice of 1 lemon and a pinch of salt and pepper and give everything a good mix up using a white plastic stirring spoon.
22. Serve the chicken escalopes with the green beans and potatoes on the side.

