

Chicken Schnitzel on Tagliatelle with a Tomato Sauce

Ingredients: For the Chicken Schnitzel

100g Breadcrumbs or 3 Slices of Stale Bread
50g Plain Flour: School will provide
2 Chicken Breasts (Butterflied and Flattened – complete at school)
2 Eggs
Teaspoon Paprika or Chilli Powder: School will provide
1 Teaspoon Mustard Powder: School will provide
Pinch Salt: School will provide
Vegetable Oil for Frying: School will provide

Ingredients: For the Pasta and Sauce

120g Tagliatelle Pasta
15g Tomato Purée: School will Provide
1 Small Red Onion
1 Carton Passata or 1 Tin of Tomatoes
1 Garlic Clove
1 Teaspoon Caster Sugar: School will provide
1 Teaspoon White Wine Vinegar: School will provide
Pinch Salt & Pepper: School will provide
Basil Leaves (Optional: For Decoration)
Lemon Wedge (Optional: For Decoration)



Please bring 2 containers: 1 for the Chicken Schnitzel and 1 for the Tagliatelle and Tomato Sauce.

Equipment List:

Baking Tray with Greaseproof Paper, Black Handled Knife, Can Opener (Tinned Tomatoes), Chopping board (Brown), Colander, Fish Slice, Food Probe, Food Processor (For Stale Bread), Fork, Garlic Crusher, Greaseproof Paper x 2, Pan Stand, Red Chopping Board, Red handled Knife, Rolling Pin, Saucepans x 2, White Plastic Stirring Spoon, 3 White Plastic Trays (Share with Partner)

Method:

1. Weigh and measure out all ingredients accurately.
2. Preheat the oven to 180°C / Gas Mark 6.
3. **Chicken Schnitzel:** Place a piece of greaseproof paper on a red chopping board, put a piece of chicken on top and then fold over the greaseproof to cover the chicken. Gently bat out using a rolling pin – do not hit too hard as this will tear the meat. The meat should be no more than 1cm thick when ready to be coated.
4. **Assemble the Pane:** It is best to do this part in pairs so you are sharing equipment and space. If you are using stale bread, place in a food processor and pulse until breadcrumbs are made. Place the plain flour on a white plastic tray and season with the paprika / chilli powder, mustard powder and salt. Crack the eggs onto another white plastic tray and beat with a fork. Place the breadcrumbs onto another white plastic tray.
5. **Pane:** Place each chicken piece in the flour, transfer and coat in the egg before finally coating in the breadcrumbs. Then place each piece onto the red chopping board ready to be fried. **Clean down your work area with warm water and antibacterial spray.**
6. **Tomato Sauce:** Cut the onion into small even size pieces. Peel and crush the garlic using a garlic crusher. Place a small saucepan at the front of the hob, do not turn on. Add vegetable oil and heat gently, add the onion and fry gently for 2 minutes. Add the garlic and fry for a few seconds. Add the tinned tomatoes or passata and tomato purée and bring to the boil, stir. Add the sugar and white wine vinegar and stir. Turn off the heat, place the saucepan on a pan stand and season with salt and pepper.
7. **Pasta (Tagliatelle):** Place a half filled saucepan of salted water on the back of the hob and bring to the boil.
8. **Chicken Schnitzel:** Place a piece of greaseproof paper on a baking tray. Place a frying pan at the front of the hob. Heat a little oil in the frying pan, once hot (but not smoking hot) add the chicken, 1 piece at a time and cook for 2 minutes until golden and use a fish slice to turn over. Cook for another 2 minutes and place on the lined baking tray and cook in the oven for 15 minutes.
9. **Pasta (Tagliatelle):** Once the water is boiling add the pasta (tagliatelle) and stir, cook for 10 to 12 minutes until 'Al dente'. Drain in a colander and put back into the saucepan, place this on a pan stand. Add the tomato sauce to the pasta and stir in with a white plastic stirring spoon.
10. **Chicken Schnitzel:** Remove the chicken from the oven, use a food probe to check the core temperature has reached 75°C or above.
11. **Assemble:** Serve the pasta on the plate, place the Chicken Schnitzel on top and garnish with fresh basil leaves and a wedge of lemon.