

goodFOOD

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EXCLUSIVE RECIPE

Za-atar chicken schnitzel with romesco sauce

SERVES 4 **PREP 25 mins** **COOK 30 mins** **EASY**

Breaded chicken is a staple for many families, but the za'atar crumb and romesco sauce here really take it to the next level. Ailsa Burt

4 chicken breasts
2 tbsp za'atar
100g panko or coarse breadcrumbs
1 lemon, zested and cut into wedges
50g plain flour
2 eggs, beaten
500ml vegetable oil, for frying
small handful of dill, finely chopped

For the romesco sauce
100g almonds, roughly chopped
3 large roasted red peppers
1 small garlic clove
1 tbsp sherry vinegar
1 tsp sweet smoked paprika
30ml olive oil

1 Sandwich the chicken breasts between two pieces of baking parchment and bash with a rolling pin until very thin.

2 Combine the za'atar, panko and lemon zest in a shallow bowl. Put the flour in a separate bowl and the eggs in another. Dip each chicken piece first into the flour, pressing down well to adhere, then the egg, then the panko, pressing gently to coat. Transfer to a wire rack and set aside in the fridge until needed.

3 To make the romesco sauce, tip the ingredients into a food processor and pulse until roughly chopped. Season to taste and add a splash more vinegar, if needed. Set aside in the fridge. *Will keep chilled for up to 24 hrs.*

4 Pour the vegetable oil into a wide, high-sided pan over a medium heat ensuring it is no more than two-thirds full. Once a sprinkle of panko starts to sizzle in it, carefully cook the chicken, in batches, for 4-5 mins each side, until golden brown. Drain on a plate lined with kitchen paper, then transfer to a baking tray and keep warm in a low oven. Scatter over the dill and serve with the lemon wedges and steamed new potatoes, if you like.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 649 kcals • fat 37g • saturates 4g • carbs 32g • sugars 4g • fibre 4g • protein 44g • salt 1.4g