CHICKEN SCHNITZEL W/ CAULIFLOWER PURÉE, SPINACH AND ROASTED CHERRY TOMATOES

PREP
10 min

COOK
25 min

SERVES
4

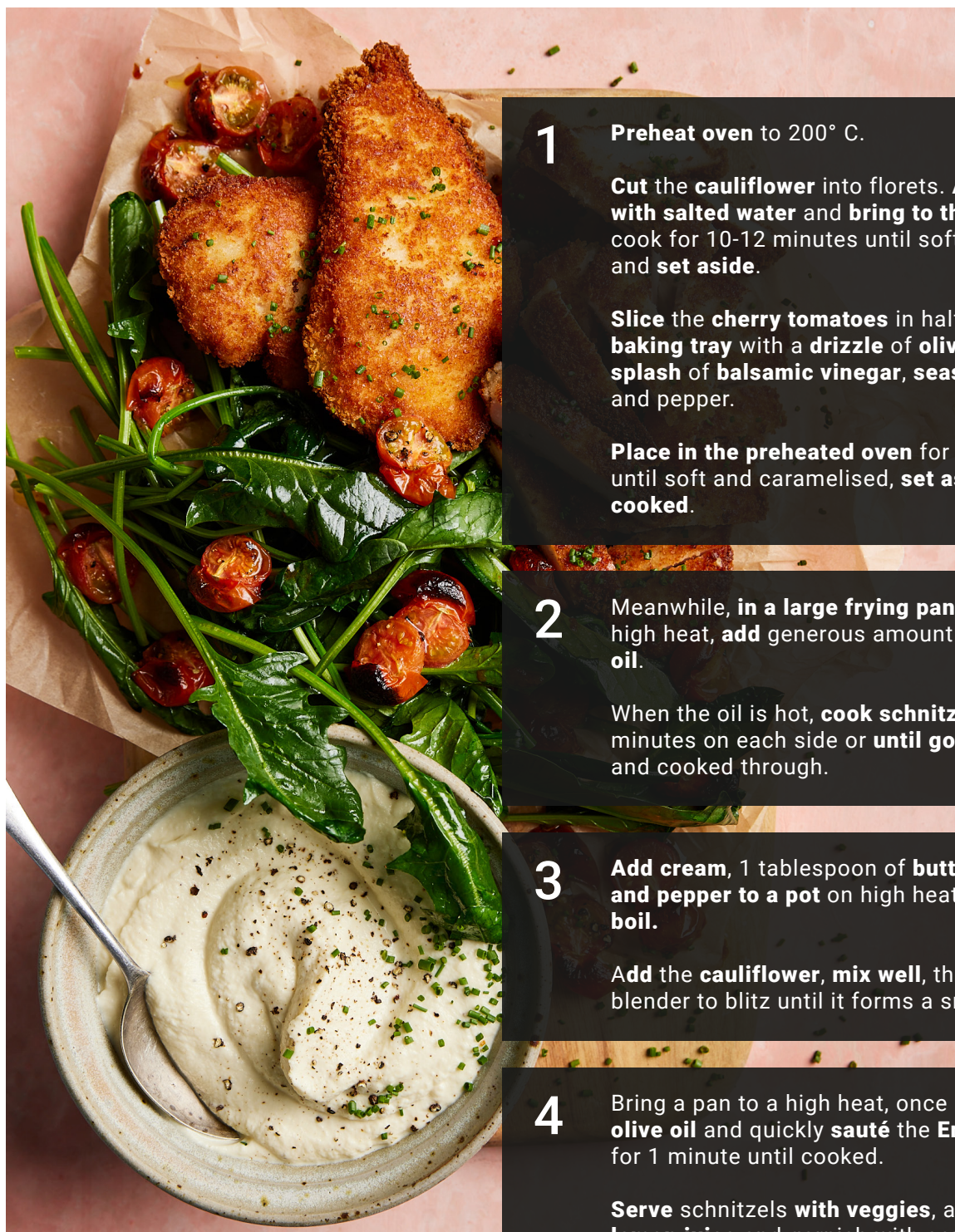## INGREDIENTS:

> 4 Chicken Schnitzels
> 1 Bunch English Spinach
> 1 Cauliflower
> 250g Cherry Tomatoes
> 300ml Cream
> 1 Lemon
> ½ Bunch of Chives

WHAT YOU'LL NEED FROM YOUR PANTRY:

> Vegetable Oil
> Balsamic Vinegar

> Butter

METHOD - GET COOKING!

1

Preheat oven to 200° C.

Cut the **cauliflower** into florets. **Add** to a **pot with salted water** and **bring to the boil**, then cook for 10-12 minutes until soft, **drain** water and **set aside**.

Slice the **cherry tomatoes** in half, **place** on a **baking tray** with a **drizzle** of **olive oil** and a **splash** of **balsamic vinegar**, **season** with salt and pepper.

Place in the preheated oven for 10 minutes until soft and caramelised, **set aside once cooked**.

2

Meanwhile, **in a large frying pan** on medium-high heat, **add** generous amount of **cooking oil**.

When the oil is hot, **cook schnitzels** for 2-3 minutes on each side or **until golden brown** and cooked through.

3

Add cream, 1 tablespoon of **butter** and **salt and pepper to a pot** on high heat, **bring to the boil.**

A**dd** the **cauliflower**, **mix well**, then use a blender to blitz until it forms a smooth purée.

4

Bring a pan to a high heat, once hot, **drizzle olive oil** and quickly **sauté** the **English Spinach** for 1 minute until cooked.

Serve schnitzels **with veggies**, a **squeeze of lemon juice** and garnish with some freshly chopped chives.

ABOUT YOUR LEFTOVER INGREDIENTS...

- There won't be any leftovers this time!

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