



# CHICKEN MILANESA

*Creamy polenta, blistered vegetables*

MASTERCLASS INGREDIENT BOX RECIPE | COOK: 15MINS

## INGREDIENTS:

1. Crumbed chicken
2. Polenta
3. Grated cheese
4. Dried herb mix
5. Red onion
6. Capsicum
7. Coriander
8. Tomato

## METHOD:

1. Preheat a pan over a medium heat. Add a generous splash of vegetable or grapeseed oil to the pan and heat.
2. In a pot, add the polenta and enough water to cover the polenta. Transfer the pot to the stove over a medium heat. Continue to stir and add water as it thickens until desired consistency is reached.
3. Cut the capsicum and half the onion into big chunks.
4. Add the chicken to the pan, as well as the capsicum and onion. Cook the chicken for 4 minutes each side.
5. Thinly slice the remaining onion, then dice the tomato and coriander.
6. Check on the polenta, adding more water if needed. Add the cheese to the polenta and stir to combine. Season to taste.
7. Once the capsicum and onion have blistered, remove them from the pan.

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## METHOD CONTINUED:

8. Once chicken has browned nicely on each side, remove it from the pan and transfer to a paper towel to absorb any excess oil.
9. Add some spice mix to the chicken and the vegetables and season with salt.
10. To plate up, begin with a bed of polenta. Add the chicken milanese and blistered vegetables. Garnish with the thinly sliced onion and tomato.

### **DIETARIES:**

**Vegetarian:** Crumbed mushroom is provided. Cook as per the recipe.