



# SWISS CHICKEN

WITH KUMARA SALAD

DIFFICULTY: Easy | SERVES: 4 | READY IN: 40 minutes

This Swiss chicken is super juicy and flavourful! Pan fried chicken is spread with aioli and mustard, before being loaded up with ham, mushrooms and cheese. Serve with a kumara and sundried tomato salad.



## KUMARA

- 600g red or orange kumara (1lb 5oz)
- 2 tsp olive oil

## CHICKEN

- 600g chicken schnitzel (uncrumbed) (1lb 5oz)
- 1/4 cup plain flour or rice flour (35g)
- 200g Swiss brown or button mushrooms (7oz)
- 2 cloves garlic
- 5 tsp butter, divided
- 2 Tbsp aioli or mayonnaise

- 1 Tbsp Dijon mustard
- 100g shaved leg ham (3.5oz)
- 4-8 slices Swiss cheese

## SALAD AND DRESSING

- 250g green beans (8.8oz)
- 1/2 cup sundried tomatoes (75g)
- 80g salad greens (2.8oz)
- 2 Tbsp olive oil
- 1 1/2 Tbsp apple cider vinegar
- 1/2 Tbsp caster sugar
- 1 tsp Dijon mustard

## 1. PREPARE KUMARA

Preheat oven to 190°C (375°F) fan bake and line two large oven trays with baking paper. Scrub kumara clean and dice into 2cm / 0.8in pieces. Arrange on one of the trays, drizzle with oil and season with salt and pepper. Toss to coat.

## 2. COOK CHICKEN

Season chicken all over with salt and pepper. Press chicken into flour to lightly coat. Thickly slice mushrooms and crush garlic. At this point, place kumara in oven and roast for 25-30 minutes, until golden brown and crisped on the edges.

3. Melt 3 teaspoons (1 tablespoon) butter in a large frying pan on medium-high. Add chicken and cook for 2-4 minutes each side, until lightly browned and just cooked through. Transfer to the second oven tray. Return pan to heat and melt remaining 2 teaspoons butter. Add mushrooms and garlic and cook, stirring frequently, until just tender. Remove from heat.

4. Stir aioli and mustard together, then spread on top of chicken. Top with ham, mushrooms and cheese. Bake for 10 minutes. If kumara is ready before chicken, remove from oven (it doesn't need to be piping hot).

## 5. MAKE SALAD AND DRESSING

Meanwhile, trim ends off beans and cut beans in half. Place in a microwave-safe dish and microwave for 1-2 minutes, until tender. Chop sundried tomatoes into small pieces. Divide lettuce, beans and tomatoes between individual serving plates. Whisk oil, vinegar, sugar and mustard together; season to taste.

## 6. SERVE

Add kumara to salads and drizzle with dressing. Serve with chicken.



WINE MATCH: A Chardonnay.

## **SWISS CHICKEN RECIPE NOTES**

**GLUTEN-FREE OPTION:** Make sure you use rice flour instead of plain flour. Check aioli / mayonnaise and ham are gluten-free.

**INGREDIENT SWAPS / NOTES:** If you can't find chicken schnitzel, use boneless, skinless chicken breasts instead and slice in half horizontally to form thinner pieces. You could use 150g / 5.3oz cherry tomatoes instead of sundried tomatoes in the salad.

**STORING AND REHEATING:** This meal keeps really well - the chicken stays moist, even when reheated. Reheat chicken and beans in the microwave. Kumara can be reheated in the microwave or a frying pan. Assemble and dress salad just before serving.