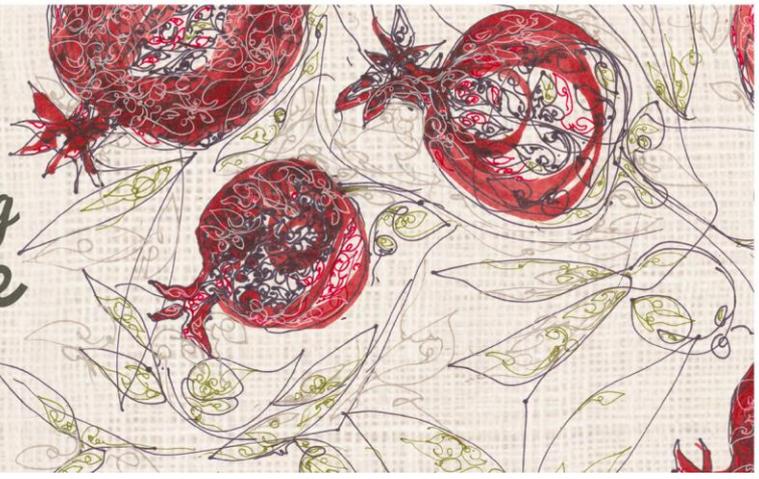




Creating
an
appetite
for life



Chicken Schnitzel with Potato Salad and Avocado & Tomato Salsa

Serves 40

Ingredients

40 chicken thigh fillets, skin on, flattened
6 eggs combined with 600ml milk
600g spelt flour, seasoned with salt and pepper
600g rolled organic oats
150g white chia seeds
300g LSA
Olive oil to pan fry
Makes approximately 23g crumb per schnitzel

Method

Batter the chicken thighs until 1cm thick.

Combine the egg and milk in a bowl, whisk until combined. Place into a deep sided tray. Place the spelt flour in a deep sided tray, season with salt and pepper.

In a blender combine the oats, chia seeds and LSA, blend until smooth and fine. Place into a deep sided tray. Firstly, coat each chicken thigh in flour, tap off excess. Then dip into the egg milk mix- coat the whole thigh, tap off excess. Lastly evenly coat in the oat mix.

Heat a fry pan on the stove and pan fry over medium heat until golden on both sides and cooked through.





Potato Salad

Makes approx. 5kg finished salad = 40 serves (125g per serve)

Ingredients

3kg potatoes with skin on suitable for boiling
2kg sweet potato
400g Greek yoghurt
250g homemade mayonnaise or real egg mayonnaise
50g capers- drained & chopped
50g seeded mustard
50g flat leaf parsley chopped
25g fresh mint chopped
Fresh black pepper

Method

Place the whole potatoes in cold salted water and bring to the boil, after 10 minutes add 4cm chunks of peeled sweet potato and simmer for 20 minutes or until just cooked. Allow to cool in the water.

Meanwhile mix the yoghurt, mayonnaise, capers, mustard and herbs.

Once the potato is cool, drain and pat dry, cut into 3cm chunks and gently mix. Taste to check seasoning.



Avocado & Tomato Salsa

Makes approx. 2300g = 40 serves at (57g per serve)

Ingredients

300g red onion, finely diced 2mm
720g hass avocado flesh, 1cm dice
160ml lemon juice, freshly squeezed
960g fresh tomatoes, 1-2cm dice
120ml Extra Virgin Olive Oil
Sea salt flakes and freshly ground black pepper
40g fresh basil, finely chopped/julienned

Method

Combine all ingredients in a bowl and gently mix.

To serve

Place a generous spoon of potato salad on the plate, top with schnitzel and finish with the salsa and a drizzle of EVOO if desired.