

Chicken Schnitzel

with Watercress, Apple, Beet & Red Walnut Salad

Schnitzel goes by many names. The preparation (a breaded, lightly-fried cutlet) can be found in almost every corner of the map. And no wonder! The simple flavors and hearty, crunchy texture make this dish incredibly satisfying. In our recipe, you'll be breading thinly pounded chicken cutlets and cooking them to golden-brown perfection. Paired with a refreshing salad of beets, red walnuts, watercress and tart apple, we can't call it anything but delicious!



Ingredients

- 2 Chicken Cutlets
- 1 Cup Panko Breadcrumbs
- 1 Bunch Baby Red Beets
- 1 Bunch Watercress
- 1 Granny Smith Apple
- 1 Meyer Lemon
- 1 Stalk Celery

Knick Knacks

- 3 Tablespoons Red Walnuts
- 1 Shallot
- 1 Tablespoon Sherry Vinegar
- ¼ Cup Dijon Mustard

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 35 to 45 minutes



1

**Cook & peel the beets:**

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Once boiling, add the **beets**; cook 23 to 25 minutes, or until tender when pierced with a knife. Drain thoroughly and set aside. When the beets are cool enough to handle, using your hands and paper towels, gently rub the skins off the beets; discard the skins. Cut each beet into wedges and set aside.

2

**Prepare the ingredients:**

While the beets cook, quarter the lemon and remove the seeds. Core and cut the apple into matchsticks; toss with the **juice of 2 lemon wedges** to prevent browning. Thinly slice the celery on an angle. Roughly chop the walnuts. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra shallot); place the minced shallot in a small bowl with the **sherry vinegar** and **1 teaspoon of the mustard**. In a large bowl, combine the **remaining mustard** and **¼ cup of water**.

3

**Toast the walnuts:**

While the beets continue to cook, heat a medium, dry pan (nonstick, if you have one) on medium-high until hot. Add the **walnuts** and cook, stirring frequently, 2 to 4 minutes, or until slightly browned and fragrant. Transfer to a bowl and set aside. Wipe out the pan.

4

**Bread & cook the chicken:**

While the beets finish cooking, place the **breadcrumbs** on a plate. Season the **cutlets** with salt and pepper. Dip both sides of one of the seasoned cutlets into the **mustard-water mixture** (letting the excess drip off), then thoroughly coat in the **breadcrumbs** (tapping off any excess). Transfer to a plate. Repeat with the remaining cutlet. In the same pan used to toast the nuts, heat 2 teaspoons of olive oil on medium-high until hot. When the oil is hot enough that a few breadcrumbs immediately sizzle when added to the pan, add the breaded cutlets. Cook 4 to 5 minutes per side, or until golden brown and cooked through.

5

**Assemble & dress the salad:**

Season the **vinegar-shallot-mustard mixture** with salt and pepper; slowly whisk in **2 tablespoons of olive oil**. In a large bowl, combine the **cooked beets**, **watercress**, **apple**, **celery**, **toasted walnuts** and **as much of the dressing as you'd like** (you may have extra dressing); toss gently to mix and season with salt and pepper to taste.

6

**Plate your dish:**

Divide the **chicken cutlets** between 2 plates and top each with the **salad**. Garnish with the **remaining lemon wedges**. Enjoy!