

Chicken Schnitzel Strips with Tomato Spaghetti



Serves 4 Prep 30 mins

Cooking 20 mins

Easy

Ingredients

2 large eggs, beaten
3 tbsp plain flour
2 tbsp grated Parmesan
zest 1 lemon
150g fresh white breadcrumbs
4 small chicken breasts
350g spaghetti
3 tbsp sunflower oil
green salad to serve

For the tomato sauce
400g chopped tomatoes
olive oil
1 tbsp tomato puree
handful of basil leaves, torn

1. First make the tomato sauce. Tip the tomatoes into a medium saucepan and add 1/2 can of water. Stir in the tomato puree, season and simmer for 15 mins. Keep warm while you make the chicken.
2. Put the eggs in a shallow dish. Lightly season the flour and tip it into another shallow dish. Mix the Parmesan, lemon zest and breadcrumbs together and tip onto a plate.
3. Place each chicken breast between two sheets of cling film on a chopping board. Bash them gently with the bottom of a saucepan until they are about 2 cm thick. Cut each flattened chicken breast into five or six strips or buy readymade strips.
4. Cook the spaghetti in a pan of boiling salted water for 10-12 mins or following pack instructions. Get your child to help you coat the chicken strips in the flour and shake off any excess. Dip them in the beaten egg, letting any excess drip off, then finally coat them well in the breadcrumbs and put on a plate. Once all the chicken strips are coated, heat the oil in a large frying pan until hot.
5. Add the chicken strips to the pan in batches and fry for 2-3 mins each side until cooked through – you may need to wipe out the pan in between batches. Lift out and drain on kitchen paper.
6. Drain the spaghetti, then mix with the tomato sauce. Serve alongside the chicken strips and some rocket leaves or a crisp green salad.