Australian Native Food Education Kit

Saltbush Schnitzel – single serve

The original Wiener Schnitzel is from Austria and made with veal, but this Australian version is so tasty with a unique crust. The main cooking tip is to gently pan fry with a tasty combo of olive oil and butter, not deep fry! The natural salty flavour of saltbush means you don't need to season as much as usual.

1 small chicken breast fillet	Find a sturdy section of your kitchen bench. Lay the chicken breast on a piece of kitchen plastic on the bench, and cover with another piece. Using a small heavy pan or meat mallet, pound the beast on the thickest part, to <u>even up the thickness</u> all over to about ½ cm. Shape is not so important, even thickness (for even cooking) is.
<u>Crumb mix</u> 1/4 cup (10g) Panko breadcrumbs 2 tsp grated Italian parmesan 1 tsp Saltbush flakes 1 dsp finely chopped sea (or curly or flat leaf) parsley	Mix the crumb ingredients.

1 egg, lightly beaten 1/4 cup milk	In another bowl, whisk together the egg and milk.
1/4 cup Plain flour, to dust	Dredge the chicken with flour, and shake off the excess, then dip into the egg wash and then coat in the crumb mixture.
2 tbsp. olive oil 1 tbsp. unsalted butter	Heat oil and butter in a frypan over medium heat until it starts to foam up, immediately add the schnitzel and cook for 2-3 minutes each side until golden. Stay with this and keep shaking the pan gently.
1 lemon wedge	Serve with a lemon wedge

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