



# Food For Thought Recipe and Allergen Card

## Chicken Schnitzels

100 Portions

Ingredient	Hannah Product Code	Quantity
Chicken Goujons		5k
'Panko' Breadcrumbs	D006710	1k
Plain flour	D200205	1k
Eggs – whole, beaten	C000350	12
Rapeseed oil	D001023	For deep frying
Salt	D001103	1tbsp

### RECIPE METHOD – ALLERGENS

1. Add the salt to the **flour**, mix and pour into a baking tray
2. Beat the **eggs** and pour into a separate baking tray
3. Take the **breadcrumbs** and pour into a separate tray so you have a tray with seasoned flour, a tray with beaten egg and a tray with breadcrumbs in
4. Working with a little at a time, toss the chicken pieces in the seasoned flour, removing any excess by shaking them
5. Then dip them in the egg, ensuring they are well coated
6. Then roll them in the breadcrumbs ensuring they are evenly coated
7. Heat the rapeseed oil in deep fat fryer or wok to 180°C
8. Add the coated chicken and cook until they reach a temperature of 75°C
9. Serve immediately

The allergens highlighted in <b>RED</b> are present in this dish
Allergens:
Cereals : <b>Wheat</b> Rye Barley Oats Spelt Kamut
Milk
<b>Eggs</b>
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...