

MARLEY SPOON



Crispy Chicken Schnitzel

with Creamy Corn Orzo



30-40min



6 Portionen

Was du von uns bekommst

- 600g Risoni ²
- 3 kleine Dosen Mais
- 2 Zwiebeln
- 1 Pck. Knoblauch-Kräuter-Gewürzmischung
- 3 Zucchini
- 3 Pck. Hartkäse, gehobelt ³
- 8 panierte Hähnchenschnitzel, vorgegart ^{1,2,3}

Was du zu Hause benötigst

- 3EL Butter ³
- 90ml Pflanzenöl
- 3¼g Salz

Küchenutensilien

- großer Topf mit Deckel
- 2 große Pfannen mit Deckel
- Stabmixer mit hohem Gefäß
- Messbecher
- Sieb

Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

Allergene

Enthält: **Eier** (1), **Gluten** (2), **Milch** (3).

Kann Spuren enthalten von: Sellerie, Senf, Erdnüsse, Sesamsamen, Sojabohnen, Schwefeldioxid und Sulphite

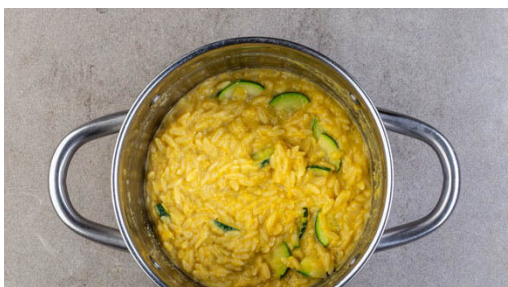
Nährwertangaben pro Portion

Energie 983kcal, Fett 36.6g, Kohlenhydrate 118.8g, Eiweiß 41.7g



1. Cook the pasta

Bring a large pot of salted water to a boil. Add the pasta to the boiling water and cook for 10-12min. until al dente. When the pasta is done, reserve a cup of the pasta water. Drain the pasta in a sieve and return to the pot.



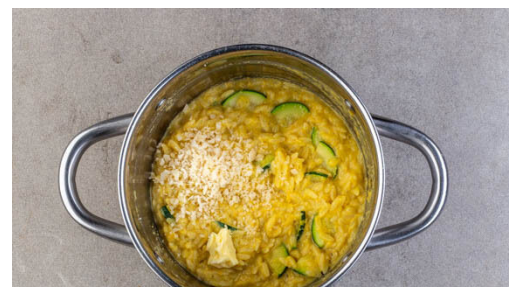
4. Mix the pasta

Add the corn sauce and courgette into the pasta. Stir to combine. Tip: you can keep the courgette separate if you have picky eaters.



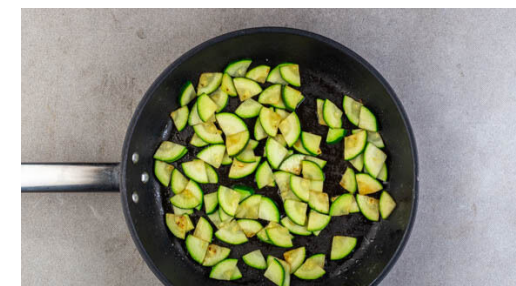
2. Make the corn sauce

Meanwhile, peel and finely dice ½ the onion. Melt 1Tbsp butter in a large pan over medium heat. Sauté the onion until soft, ca. 5min. Add the corn with its liquid and 1tsp of the garlic-herb mix. Cover and simmer for ca. 5min. Transfer the cooked corn mixture to a tall container. Keep the pan for the next step. Add 300ml of water to the container with the corn. Blend until smooth and creamy.



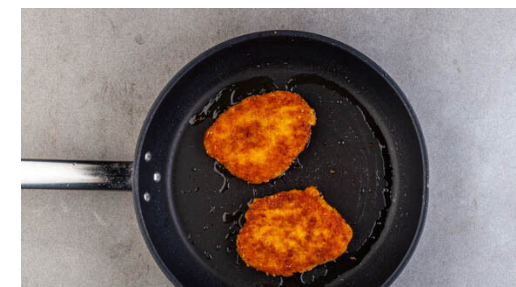
5. Finish the pasta

Roughly chop the cheese. Stir the cheese and 2Tbsp of butter into the warm pasta. Add more of the pasta water to loosen the sauce as desired. Season to taste with salt.



3. Cook the courgette

Quarter the courgette lengthwise and slice thinly. Sauté the courgette in 1-2 large pans with 1Tbsp vegetable oil over medium-high heat until tender crisp and starting to brown in spots, 3-4min. Season with salt.



6. Fry the schnitzels

Wipe out the pans and add 2Tbsp of vegetable oil into each, it should be enough oil to coat the bottom of the pan. Heat the pan on medium heat. Fry the schnitzels in the hot oil for about 3min. on each side, until golden brown and cooked through. Drain on paper towels, then cut into tranches. Divide the creamy corn pasta between plates and serve with slices of the crispy schnitzel alongside.