CHICKEN SCHNITZEL BURGERS

Prep time
20 min

Cooking time
15-20 min

Portions
4

Preheat to @200°C
Bake for 10-14 min
Spray with oil (optional)
Turn halfway.



Chicken Schnitzel Burgers

Ingredients

500g chicken breasts (halved horizontally to form thinner steaks)
1 tsp salt
1 tsp garlic powder
1 tsp smoked paprika
75 g (½ cup) plain flour
2 eggs, whisked
120 g (2 cups) panko breadcrumbs
2 tbs oil

Burger Ingredients Ideas
burger buns, tomatoes, cheese, lettuce, mayonaise, gherkins, tinned pineapple rings, caramelised onions.

Equipment

chopping board
sharp knife
rolling pin or meat mallet
cling film
1 shallow bowl
fork or whisk
1 small bowl
frying pan
tongs
chopping board
cooling rack
2 pieces of baking paper

Method

Step 1 Heat 2 tbs of oil in a frying pan. Add the breadcrumbs and stir until golden brown. Remove from the heat and spread the breadcrumbs onto baking paper to cool.

Step 2 Slice the chicken breasts horizontally. Place between two sheets of cling film and gently bash with a rolling pin or meat mallet until evenly thin.

Step 3 Whisk the eggs in a large flat bowl. Mix the salt, garlic powder and smoked paprika in a seperate little bowl.

Step 4 Set up your coating station with flour, whisked eggs and breadcrumbs. Season the chicken, flour and breadcrumbs with the spice mix.

Step 5 Coat each piece of chicken in the flour (shaking off the excess), then the egg, then the breadcrumbs, pressing to coat evenly. Use kitchen tongs.Leave to rest for 10 minutes.

Step 6 **Cook in Oven/Airfryer or Fry in oil**
Oven: Lightly spray with oil and bake at 220°C for 15-20 minutes, turning halfway, until golden and cooked through. Cool down on cooling rack.
Assemble Burgers once cooled down.

Chef Notes

- Flatten the chicken to an even thickness so it cooks evenly.
- Follow the 3-step coating method: flour → egg → breadcrumbs. Press the breadcrumbs firmly onto the chicken.
- Make sure the chicken is cooked through. It should be white in the centre and reach 75°C if using a food thermometer.
- Schnitzels can be fried in oil, baked in the oven or cooked in the air fryer. Oven-baking and air-frying use less oil than deep-frying.

Skill Badges

FOOD SAFETY SCIENTIST
HEALTH HERO
KNIFE SKILLS PRO