



Colcannon with Chicken schnitzel



Ingredients

75g SpringGreen's, roughly chopped
Oil for frying
1 leek, finely sliced (use the green)
1/2 Chicken breast per person
100g plain flour, seasoned
1 Large free-range egg
150g dried breadcrumbs
25g butter, plus extra for frying
400g mashed potato
Lemon wedges to serve

Method

Peel and chop the potatoes and boil until ready to mash, leave in a colander to cool.

Slice the greens into thin slices and put in a colander in the sink and pour over a kettle of boiling water, then leave to drain dry.

Heat a little olive oil in a large frying pan and gently fry the leeks for about 10 minutes until soft. Add the kale and cook for 2-3 minutes more until tender.

Meanwhile, put the chicken breast between 2 sheets of baking paper and flatten slightly with a rolling pin until about the thickness of a pound coin. Put the seasoned flour, beaten eggs and breadcrumbs in 3 wide bowls. Dip the chicken in the flour, shaking off the excess, then the egg and finally the breadcrumbs.

Heat a large knob of butter and a thinlayer of oil in another large frying pan and, when the butter is foaming, fry the chicken schnitzels for 5-6 minutes on each side until cooked through and golden brown.

Stir the mashed potato into the leeks and greens, then cook for 3-4 minutes until the potato is very hot. Season generously and serve with the chicken schnitzels and lemon wedges.