

## COMBINING RIGHT RECIPES

### MAIN MEALS

#### Protein

#### **Filled Chicken Schnitzel – serves 2**

1 tsp herb stock  
180g frozen peas  
Sage, parsley, chives, finely chopped  
1 red capsicum, finely diced  
180g corn kernels  
1 Tbsp Balsamico vinegar  
1 tsp wheat germ oil (or olive oil)  
2 Tbsp sour cream  
sea salt  
4 chicken schnitzel (about 80 g each)  
1 tsp Sambal Olek (optional)  
125 g Mozzarella cheese  
2 Tsp coconut fat or sunflower oil  
2 tooth picks.

Bring water and stock to the boil Add peas and simmer, covered, for 10 minutes. Drain. Keep 100ml of the cooking water and set aside. Mix corn, peas, freshly chopped herbs and diced capsicum. For the dressing, mix the cooking water with vinegar, oil, sour cream and salt. Toss with the salad.

Flatten chicken schnitzel. Thinly spread with Sambal olek and season with salt. Top the other 2 schnitzel with the rest of the sage, and cover with sliced Mozzarella. Put the other halves on top like a sandwich and secure with tooth picks. Heat coconut fat and cook meat at medium heat for 5 minutes on each side. Serve with the salad.