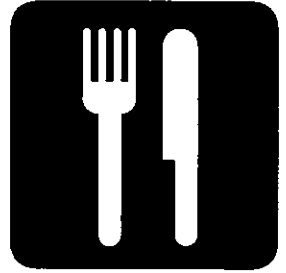


# FOOD TECHNOLOGY



## Chicken Schnitzel Caesar Wrap

Preparation Time: 30 mins

Cooking Time: 20 - 25 mins

Serves: 2 ( ½ each)

### Ingredients

#### Per class

Plain flour – 4 cups per class  
Egg whisked – 8 per class  
Breadcrumbs – 8 cups per class

1 Bacon rasher  
1 Tbspns Shaved parmesan  
1 Tbspns Caesar salad dressing  
(purchased)  
1 eggs ( boiled)  
1 slices of bread  
1 tab crushed garlic

#### Per Pair

½ chicken breast fillet ( butterfly and tenderise)  
½ olive oil ( croutons and chicken)  
Salt and pepper (for seasoning)  
1 pieces of wrap bread  
2 Cos lettuce leaf

### Method

1. preheat oven to 220 degrees

#### Croutons

2. Place olive oil and garlic into a small bowl, cut bread into small cubes. Toss bread cubes in oil and garlic mixture, place on an oven tray and cook until golden brown.

#### Boiled Egg

3. Fill a small pot with water put the egg in and bring to the boil, boil for 6 mins. Allow the egg to cool, peel and slice into quarters.

#### Schnitzel

4. Place flour, lightly whisked egg and breadcrumbs in separate bowls for crumbing
5. Wash lettuce, tear into bite sized pieces, chop bacon
6. Flatten chicken (with a mallet) Season chicken with salt and pepper
7. Crumb chicken by coating in flour, dip in egg and gently coat in breadcrumbs. Return chicken to fridge (if needed)
8. drizzle olive oil onto a lined baking paper in the oven to allow it to heat up.
9. Remove oven tray from oven and place chicken on top, drizzle with olive oil and bake for 6 mins on one side and flip over ( chicken centre should be 165 degrees). Cook until golden brown.
10. Cut chicken schnitzel into strips

#### Bacon

11. wrap bacon in paper towel and place on a plate. Cook for 4 minutes in the microwave. cut into small pieces.

#### Assembly

12. Place wrap on flat surface or plate
13. Place lettuce along centre of wrap, top with bacon, cheese and chicken strips. Drizzle with dressing
14. Roll up to enclose filling.