



Pistachio Dukkah Crusted Chicken Breast with Red Skin Mashed Potatoes

INGREDIENTS

2 lbs. (960 g) Lamb's Supreme® Bistro Style mashed, (M24) prepared as directed, keep hot

4 boneless, skinless chicken breasts, lightly pounded

3 cups (360 g) panko, seasoned to taste with salt and pepper

3 whole eggs, slightly beaten

1 head cauliflower, trimmed and cut into steaks

Pistachio Dukkah (see recipe)

1/4 cup (60 mL) melted butter

Curry salt

Olive oil

Dill sprigs

Pistachio Dukkah:

4 cups (480 g) shelled pistachios

2 cups (240 g) sesame seeds

8 Tbsp. (40 g) whole coriander seeds

8 Tbsp. (48 g) whole cumin seeds

4 tsp. (8 g) fennel seed

4 tsp. (9.2 g) fresh ground black pepper

4 tsp. (24 g) sea salt flakes

DIRECTIONS

Pistachio Dukkah:

1. Preheat oven to 350° F (177° C).
2. Place pistachio nuts on a lined baking sheet and roast for 10 minutes, or until golden brown.
3. Place sesame, coriander, cumin and fennel seeds on a lined baking sheet and roast for 10-15 minutes, until golden and fragrant.
5. Mix every 5 minutes to prevent burning.
6. Cool the nuts and seeds for 10 minutes.
7. Place pistachio nuts, seeds, salt and pepper into a food processor.
8. Pulse until nuts have broken down into small chunks.
9. Store any leftover in a dry, airtight container.

Curry Spiced Cauliflower:

1. Season cauliflower steaks with curry salt.
2. Heat skillet med-high with olive oil.
3. Pan sear cauliflower and finish in oven until fork tender.

Pistachio Dukkah Crusted Chicken Breast:

1. Dip chicken breast into beaten egg, then into pistachio dukkah blend.
2. Brown in skillet with small amount of oil and finish in oven.

Plate Assembly:

1. Place one chicken breast on plate, alongside mound of Lambs Red Skin Mash drizzled with butter and 2-3 pieces of cauliflower steak.
2. Garnish with dill sprigs.

Yield

4 portions