



## PAN FRIED CHICKEN CUTLET & PUMPKIN THREE WAYS

Add some warm, autumn colours to your plate with our favourite spooky squash – the pumpkin! Hang onto those spare seeds – fry them up and season with cumin, garlic salt, paprika, sea salt and freshly ground black pepper for a spicy snack.



Prepared by  
Michael Potts  
Saltwater



SERVES  
2

### INGREDIENTS

2 chicken breasts (wing and skin on)  
Small pumpkin  
250g butter  
1 garlic clove  
1 stick of rosemary  
1 vegetable stock cube  
Salt and pepper for seasoning  
150ml Guernsey cream  
Vegetable oil for frying

### METHOD

#### FONDANT PUMPKINS

1. Preheat the oven to 150°C/gas 3.
2. Cut the pumpkin in half and remove the skin and all of the seeds.
3. Using one half of the pumpkin, cut out round shapes for the fondants using a biscuit cutter or a knife.
4. In a small pan melt the butter. Add the garlic and rosemary, plus a pinch of seasoning.
5. Add the fondant pumpkins into the pan and cook for a few minutes, basting occasionally until lightly browned.
6. Place in the pre-heated oven for a further 20 minutes, or until soft.

#### SAUTÉ PUMPKIN & PUMPKIN PUREE

1. Cut the remaining pumpkin into strips, then dice.
2. Place half of the cubes in a small pan. Add the butter and sauté for few minutes. Set aside.
3. Place the remaining half of the cubes in another small pan. Cover them in water, add the stock cube and simmer until soft.
4. Drain and place immediately in icy water to preserve colour.
5. Remove the cubes from the water, and place in a small pan. Add the cream and simmer further until reduced. You can either blitz the paste into a puree or use a fine sieve to pass it through.

#### CHICKEN CUTLET

1. Increase the oven temperature to 180°C/gas 5.
2. Heat up a couple of spoons of oil in a frying pan.
3. Place the chicken breast skin down and leave until golden brown. Turn, brown off and seal the other side.
4. Season and place in the oven for about 15 minutes. Baste occasionally with the chicken jus.

#### READY TO PLATE

1. Warm up all the components, whether in the oven or on the stove accordingly.
2. Spread the pumpkin puree on the plate. Place the fondant in the middle, add the chicken and the sautéed pumpkin. Serve immediately.

Serving suggestion – we served ours with red cabbage but simply add any green vegetable or a winter salad on the side.

Good luck and happy cooking!