

SOUTHERN CHICKEN SCHNITZELS

with Creamy Rainbow Slaw





Add Southern spices to chicken schnitzels











Chicken Breast





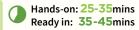


Sweet Mustard Spice Blend



Panko Breadcrumbs

Pantry Staples: Olive Oil, Plain Flour, Egg





Golden chicken schnitzels get a tasty twist with our sweet mustard spice blend, inspired by the flavours of the American South. Add potato fries and a crisp and creamy slaw for an easy crowd-pleasing dinner.

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

· oven tray lined with baking paper · large frying pan



Preheat the oven to 240°C/220°C fanforced. Cut the potato (unpeeled) into 1cm
fries. Place the fries on an oven tray lined
with baking paper. Drizzle with olive oil,
season with a pinch of salt and pepper and
toss to coat. Bake until lightly browned,
25-30 minutes. * TIP: Cut the potato to the
correct size so it cooks in the allocated time.



2 GET PREPPED

While the fries are baking, finely chop the **chives**. Slice the **lemon (see ingredients list)** into wedges. Place the **chicken breast** between two sheets of baking paper and pound with a meat mallet or rolling pin until 1cm thick.



MAKE THE SLAW
In a large bowl, combine the slaw mix,
chives and 1/2 the garlic aioli and toss to
coat. Season with a pinch of salt and pepper,
mix well and set aside.



CRUMB THE CHICKEN
In a shallow bowl, combine the sweet
mustard spice blend, plain flour, the salt and
a pinch of pepper. In a second shallow bowl,
whisk the egg with a fork. In a third shallow
bowl, place the panko breadcrumbs. Coat
each chicken breast in the flour mixture,
followed by the egg and finally in the panko
breadcrumbs. Set aside on a plate.



Heat a large frying pan over a mediumhigh heat with enough olive oil to coat the base of the pan. When the oil is hot, add 1/2 the crumbed chicken and cook until golden on the outside and cooked through, 2-4 minutes each side. Transfer to a plate lined with paper towel. Repeat with the remaining chicken. *TIP: Add extra oil between batches if necessary.



SERVE UP
Divide the Southern chicken schnitzels,
fries and creamy rainbow slaw between plates.
Serve with the remaining garlic aioli and
lemon wedges.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
chives	1 bunch	1 bunch
lemon	1/2	1
chicken breast	1 packet	1 packet
slaw mix	1 bag (200g)	1 bag (400g)
garlic aioli	1 packet (100g)	2 packets (200g)
sweet mustard spice blend	1 sachet	2 sachets
plain flour*	2 tsp	4 tsp
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3490kJ (834Cal)	529kJ (126Cal)
Protein (g)	50.1g	7.6g
at, total (g)	40.6g	6.2g
saturated (g)	6.5g	1.0g
Carbohydrate (g)	62.1g	9.4g
sugars (g)	11.0g	1.7g
Sodium (g)	876mg	133mg

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes**

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