



SOUTHERN CHICKEN SCHNITZELS

with Creamy Rainbow Slaw



Add Southern spices to chicken schnitzels



Potato



Chives



Lemon



Chicken Breast



Slaw Mix



Garlic Aioli



Sweet Mustard Spice Blend



Panko Breadcrumbs

Hands-on: **25-35mins**
Ready in: **35-45mins**

Eat me early

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.

Pantry Staples: Olive Oil, Plain Flour, Egg

BEFORE YOU START

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**



1 BAKE THE FRIES

Preheat the oven to **240°C/220°C fan-forced**. 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.



3 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.



4 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.



5 COOK THE CHICKEN

Heat a large frying pan over a medium-high 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.



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
chives	1 bunch	1 bunch
lemon	½	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
Fat, 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](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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