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Herbed Crumbed Chicken with Zucchini & Olive Salad

There is nothing more satisfying than making your way through a chicken schnitzel pub meal. Do you give in to the temptation and order it every time or can you resist the cravings of the crunchy crust and juicy chicken fillet? Tonight, you can drop your guard and relish every mouthful, as this pan-fried crumbed chicken is a thousand times healthier than its deep fried cousin. Served with an inspired green salad, you'll pick this over the pub kitchen any night!



Prep: 20 mins Cook: 10 mins Total: 30 mins



level 2



high protein



eat me early

Pantry Items



Plain





Vegetable



Lemon



Zucchini



Zucchini



Fennel



Green Olives



Pecorino Cheese



Parsley



Chicken Breast



Fine Breadcrumbs

2P	4P	Ingredients	
1/2	1	lemon, zested & juiced	#
1 ½ tbs	3 tbs	olive oil *	
1	2	zucchini, peeled into ribbons	
½ bulb	1 bulb	fennel, finely shaved	
1/4 cup	½ cup	pitted green olives, check for pits	
½ block	1 block	pecorino cheese, finely grated	
1 bunch	2 bunches	parsley, finely chopped	
2 fillets	4 fillets	chicken breast	
2 tbs	4 tbs	plain flour *	
1	2	egg, lightly whisked *	
½ cup	1 cup	fine breadcrumbs	
2 tbs	4 tbs	vegetable oil *	

⊕	May feature in
	another recipe

* Pantry Items

Nutrition per serving

Energy	2850	Kj
Protein	37	g
Fat, total	40.6	g
-saturated	7.7	g
Carbohydrate	39.3	g
-sugars	5.4	g
Sodium	770	me

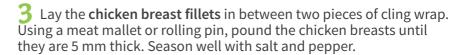
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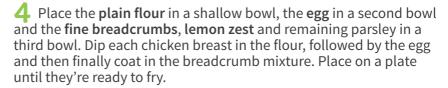
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You will need: chopping board, chef's knife, zester, vegetable peeler, grater, small bowl/jug, large bowl, whisk, cling wrap, meat mallet/rolling pin, 3 shallow bowls, 2 plates, large frying pan, and a paper towel.

- In a small bowl or jug, whisk the **lemon juice**, **olive oil** and some **salt** and **pepper**. Set aside.
- 2 In a large bowl, combine the zucchini, fennel, pitted green olives, pecorino cheese and half of the parsley. Drizzle with the dressing and toss to coat well. Set aside.







6 To serve, divide the salad and chicken schnitzels between plates.







Did you know? Crumbed meat or schnitzel has its roots in Germany, but is considered a classic, national dish in more than 35 countries!