



HelloFresh

Everything
But The Chef

HelloFresh.com.au



hello@hellofresh.com.au | 02 81 888 722

Wk40
2015


Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU


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 early

Pantry Items



Olive Oil



Plain Flour



Egg



Vegetable Oil



Lemon



Zucchini



Fennel



Green Olives



Pecorino Cheese



Parsley



Chicken Breast



Fine Breadcrumbs

2P	4P	Ingredients
½	1	lemon, zested & juiced
1 ½ tbs	3 tbs	olive oil *
1	2	zucchini, peeled into ribbons
½ bulb	1 bulb	fennel, finely shaved
¼ 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	mg

Measuretool

0 cm	1 cm	2 cm



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.

1 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.



3 Lay the **chicken breast fillets** in between two pieces of cling wrap. Using a meat mallet or rolling pin, pound the chicken breasts until they are 5 mm thick. Season well with salt and pepper.

4 Place the **plain flour** in a shallow bowl, the **egg** in a second bowl and the **fine breadcrumbs**, **lemon zest** and remaining **parsley** in a third bowl. Dip each chicken breast in the flour, followed by the egg and then finally coat in the breadcrumb mixture. Place on a plate until they're ready to fry.



5 Heat the **vegetable oil** in a large frying pan over a medium-high heat. Add the schnitzels and cook for **2-3 minutes** on each side, or until golden and cooked through. Transfer to a paper towel lined plate to drain.

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!