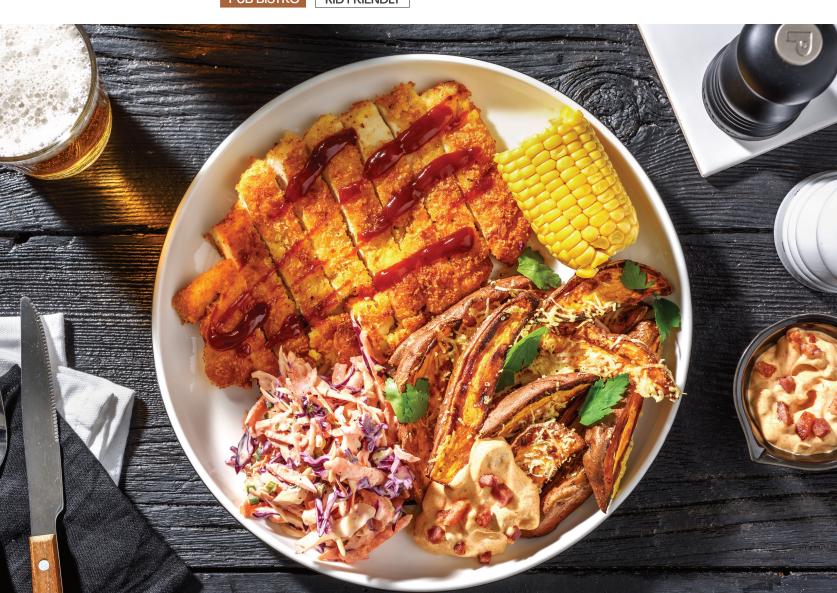


BBQ Chicken Schnitzel & Ranch Slaw with Loaded Bacon Sweet Potato Wedges & Corn

PUB BISTRO

KID FRIENDLY











Sweet Potato



Aussie Spice





Blend





Chicken Breast



Panko Breadcrumbs





Ranch Dressing





Mild Chipotle





Parsley

Burger Sauce

BBQ Sauce

Pantry items Olive Oil, Plain Flour, Egg

Prep in: 25-35 mins Ready in: 35-45 mins



Eat Me Early

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
corn	1 cob	2 cobs	
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet	
Parmesan cheese	1 medium packet	1 large packet	
diced bacon	1 packet (90g)	1 packet (180g)	
chicken breast	1 small packet	2 small packets OR 1 large packet	
plain flour*	1 tbs	2 tbs	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
slaw mix	1 small bag	1 large bag	
ranch dressing	1 packet	2 packets	
BBQ sauce	½ packet	1 packet	
mild chipotle sauce	1 packet	2 packets	
burger sauce	1 medium packet	2 medium packets	
parsley	1 bag	1 bag	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3641kJ (870Cal)	528kJ (126Cal)
Protein (g)	59.1g	8.6g
Fat, total (g)	36.6g	5.3g
- saturated (g)	9.3g	1.3g
Carbohydrate (g)	73.1g	10.6g
- sugars (g)	27.2g	3.9g
Sodium (mg)	2013mg	292mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the wedges & the corn

- Preheat oven to 220°C/200°C fan-forced.
- Cut sweet potato into wedges. Halve corn cobs.
- Place wedges and corn on a lined oven tray.
 Drizzle with olive oil, sprinkle with Aussie spice blend and season with salt. Toss to coat. Roast until tender, 20-25 minutes.
- Remove tray from oven, then sprinkle wedges with Parmesan cheese. Bake until cheese is golden, a further 5 minutes.

Little cooks: Take the lead by sprinkling the cheese over the wedges. Be careful, it's hot!



Get prepped

- While the wedges and corn are baking, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook diced bacon, breaking up with a spoon, until golden, 4-5 minutes. Transfer to a bowl.



Crumb the chicken

- Meanwhile, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until an even thickness, about 1cm.
- In a shallow bowl, combine the plain flour and a pinch of salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Dip chicken into flour mixture to coat, then into egg, and finally in panko breadcrumbs. Set aside on a plate.



Cook the chicken

- Wipe out frying pan and return to medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook crumbed chicken, in batches, until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel doesn't stick to the pan.



Bring it all together

- In a large bowl, combine slaw mix and ranch dressing.
- In a small bowl, combine BBQ sauce (see ingredients) and mild chipotle sauce.



Serve up

- Slice chicken schnitzel.
- Divide schnitzel, sweet potato wedges, corn and ranch slaw between plates.
- Load wedges up with bacon and burger sauce.
 Sprinkle with torn parsley.
- Drizzle BBQ sauce over schnitzel to serve. Enjoy!

Little cooks: Take the lead by drizzling over the sauce and sprinkling the parsley!



