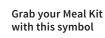


Quick Chicken Schnitzel & Mustard Mayo with Snacking Tomato & Almond Salad

CUSTOMER FAVOURITE

KID FRIENDLY

BESTSELLER











Panko Breadcrumbs







Mustard Mayo

Flaked Almonds





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

Eat Me Early



It's schnitty night, tonight! Coat juicy chicken breast in our classic panko mix for a crispy golden result, then team it with the best mustard mayo to amp up the flavour. No need to head to the pub for a meal like this!



Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Balsamic)

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

Large frying pan

Ingredients

9			
2 People	4 People		
refer to method	refer to method		
1 punnet	2 punnets		
1 small packet	2 small packets OR 1 large packet		
2 tbs	1/4 cup		
1	2		
1 tsp	2 tsp		
1 medium packet	1 large packet		
½ tsp	1 tsp		
1 tsp	2 tsp		
1 medium bag	1 large bag		
1 medium packet	1 large packet		
1 medium packet	2 medium packets		
1 small packet	2 small packets OR 1 large packet		
	refer to method 1 punnet 1 small packet 2 tbs 1 1 tsp 1 medium packet ½ tsp 1 tsp 1 medium bag 1 medium packet 1 medium packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2303kJ (550Cal)	547kJ (131Cal)
Protein (g)	44.2g	10.5g
Fat, total (g)	25.8g	6.1g
- saturated (g)	3.9g	0.9g
Carbohydrate (g)	33.1g	7.9g
- sugars (g)	5.7g	1.4g
Sodium (mg)	1411mg	335mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2155kJ (515Cal)	544kJ (130Cal)
Protein (g)	39.6g	10g
Fat, total (g)	23g	5.8g
- saturated (g)	3.2g	0.8g
Carbohydrate (g)	35g	8.8g
- sugars (g)	6g	1.5g
Sodium (mg)	1717mg	433mg

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.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Halve snacking tomatoes. Set aside.
- Place chicken breast between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm-thick.



Cook the chicken

- In a large frying pan, heat enough olive oil to coat the base over mediumhigh heat. When oil is hot, cook schnitzel, in batches, until golden and cooked through (when no longer pink inside), 2-4 minutes. Transfer to a paper towel-lined plate.
- While the schnitzel is cooking, in a medium bowl, combine the honey with the vinegar and a drizzle of olive oil. Season, then add snacking tomatoes and deluxe salad mix. Toss to combine.

TIP: If needed, add extra oil between batches to stop the schnitzel from sticking!

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over high heat. Cook pork in batches, until golden and cooked through, 1-2 minutes each side. Continue as above.



Crumb the chicken

- In a shallow bowl, whisk the plain flour, the egg, the salt and a pinch of pepper.
- In a second shallow bowl, add panko breadcrumbs.
- Dip chicken into egg mixture to coat and then into panko breadcrumbs.
 Transfer to a plate.

Custom Recipe: If you've swapped to pork schnitzels, crumb pork schnitzels in the same way as above.



Serve up

- Divide chicken schnitzel and snacking tomato salad between plates.
- Sprinkle flaked almonds over salad.
- · Serve with mustard mayo. Enjoy!

Custom Recipe: Divide pork schnitzel between plates.

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate