



# Quick Chicken Schnitzel & Mustard Mayo

with Snacking Tomato & Almond Salad

CUSTOMER FAVOURITE

KID FRIENDLY

BESTSELLER



Grab your Meal Kit with this symbol



Snacking Tomatoes



Chicken Breast



Panko Breadcrumbs



Deluxe Salad Mix



Flaked Almonds



Mustard Mayo



Pork Schnitzels

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

Carb Smart

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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
snacking tomatoes	1 punnet	2 punnets
chicken breast	1 small packet	2 small packets OR 1 large packet
<b>plain flour*</b>	2 tbs	¼ cup
<b>egg*</b>	1	2
<b>salt*</b>	1 tsp	2 tsp
panko breadcrumbs	1 medium packet	1 large packet
<b>honey*</b>	½ tsp	1 tsp
<b>vinegar*</b> (white wine or balsamic)	1 tsp	2 tsp
deluxe salad mix	1 medium bag	1 large bag
flaked almonds	1 medium packet	1 large packet
mustard mayo	1 medium packet	2 medium packets
pork schnitzels**	1 small packet	2 small packets OR 1 large 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](https://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



1



## 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.

3



## Cook the chicken

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high 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.

2



## 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.

4



## 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.

## Rate your recipe

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