



Quick Crumbed Chicken & Mustard Mayo

with Snacking Tomato & Almond Salad

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Snacking Tomatoes



Chicken Breast



Panko Breadcrumbs



Deluxe Salad Mix



Flaked Almonds



Mustard Mayo



Haloumi

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, Honey, 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
olive oil*	refer to method	refer to method
snacking tomatoes	1 punnet	2 punnets
chicken breast	1 small packet	2 small packets OR 1 large packet
plain flour*	2 tbs	¼ cup
egg*	1	2
salt*	1 tsp	2 tsp
panko breadcrumbs	1 medium packet	1 large packet
honey*	½ tsp	1 tsp
vinegar* (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
haloumi**	1 packet	2 packets

*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)	2702kJ (646Cal)	781kJ (187Cal)
Protein (g)	27.3g	7.9g
Fat, total (g)	43.8g	12.7g
- saturated (g)	16.9g	4.9g
Carbohydrate (g)	34.3g	9.9g
- sugars (g)	6.7g	1.9g
Sodium (mg)	2361mg	682mg

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



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.

Custom Recipe: If you've swapped to haloumi, in a medium bowl, place haloumi and cover with water to soak.

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**, 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: Heat pan as above. Cook haloumi until golden brown, 2 minutes each side. Transfer to a paper towel-lined plate. 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: Drain haloumi and pat dry. Cut haloumi into 1cm-thick slices. Crumb haloumi as above, set aside on a plate.

4



Serve up

- Divide crumbed chicken and tomato salad between plates.
- Sprinkle **flaked almonds** over salad.
- Serve with **mustard mayo**. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate