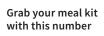


Paprika Chicken Schnitzel & DIY Romesco Sauce

with Roast Sweet Potatoes & Celery Salad

MEDITERRANEAN

CLIMATE SUPERSTAR















Sweet Potato





Paprika Spice Blend





Panko Breadcrumbs

Roasted Almonds



Chilli Flakes (Optional)



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

Eat Me Early



Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. Turn up the heat by blitzing up a homemade romesco sauce. When roasted capsicum meets garlic, almonds and chilli in the food processor, the Spanish sauce created is equally rich and delicious!

Pantry items

Olive Oil, Plain Flour, Egg, White Wine

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Small or medium baking dish \cdot 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	
capsicum	1	2	
garlic	2 cloves	4 cloves	
sweet potato	2	4	
celery	1 medium packet	1 large packet	
chicken breast	1 medium packet	2 medium packets OR 1 large packet	
paprika spice blend	1 sachet	2 sachets	
plain flour*	1 tbs	2 tbs	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
roasted almonds	1 medium packet	1 large packet	
white wine vinegar*	1 tbs	2 tbs	
salt*	1/4 tsp	½ tsp	
chilli flakes (optional) 🌶	pinch	pinch	
mixed salad leaves	1 small packet	1 medium packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3006kJ (719cal)	309kJ (74cal)
Protein (g)	53.3g	5.5g
Fat, total (g)	28.8g	3g
- saturated (g)	4.2g	0.4g
Carbohydrate (g)	60.3g	6.2g
- sugars (g)	18.3g	1.9g
Sodium (mg)	521mg	53.6mg
Dietary Fibre (g)	13.8g	1.4g

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 alle

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



Roast the capsicum

- Preheat oven to 240°C/220°C fan-forced.
- In a baking dish, place capsicum and garlic cloves (no need to peel!).
- Drizzle with **olive oil**, then bake until slightly charred and tender, **20-25 minutes**.
- Remove from the oven, cover with foil and set aside to rest for 5 minutes.



Prep & roast the potato

- Meanwhile, cut sweet potato into bite-sized chunks.
- Finely chop **celery**.
- Place sweet potato on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until tender, 20-25 minutes.



Crumb the chicken

- While the veggies are roasting, place chicken breast between two sheets of baking paper.
 Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm.
- In a shallow bowl, combine paprika spice blend and the plain flour. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Coat chicken first in flour mixture, followed by the egg, then finally into breadcrumbs. Set aside on a plate.



Cook the chicken

- While the capsicum is resting, heat a large frying pan over medium-high heat with enough olive oil to coat the base.
- Cook crumbed chicken, in batches, until golden and cooked through, 2-4 minutes each side.
 Transfer to a paper towel-lined plate and season with a pinch of salt.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.



Make the sauce

- Carefully peel capsicum and garlic, removing any stems and seeds.
- Transfer capsicum and garlic to a food processor, then add roasted almonds, the white wine vinegar, salt, a pinch of chilli flakes (if using) and olive oil (1/4 cup for 2 people / 1/2 cup for 4 people).
- · Blitz until desired consistency.

TIP: If you don't have a food processor, finely chop ingredients to form a chunky, rustic sauce!



Serve up

- In a large bowl, combine celery, mixed salad leaves and a drizzle of white wine vinegar and olive oil. Season with salt and pepper.
- Divide roast sweet potatoes, celery salad and paprika chicken schnitzel between plates.
- · Serve with DIY romesco sauce. Enjoy!





Cook, breaking up with a spoon, 4-6 minutes. Sprinkle over salad to serve.



If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

