

Paprika Chicken Schnitzel & DIY Romesco Sauce

with Roast Sweet Potatoes & Celery Salad

SKILL UP

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

42



Capsicum



Garlic



Sweet Potato



Celery



Chicken Breast



Paprika Spice Blend



Panko Breadcrumbs



Roasted Almonds



Chilli Flakes (Optional)



Mixed Salad Leaves



Diced Bacon



Fetta Cubes

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

Protein Rich

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 Vinegar

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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	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*	¼ 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 allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



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**.

4



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.

2



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**.

5



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** (¼ cup for 2 people / ½ 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!

3



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.

6



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



CUSTOM OPTIONS



ADD DICED BACON

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



ADD FETTA CUBES

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.

