



# Aussie Chicken Schnitzel

with Sweet Potato Wedges & Rainbow Slaw



Sweet Potato



Spring Onion



Chicken Breast



Slaw Mix



Dijon Mustard



Garlic Aioli



Aussie Spice Blend



Panko Breadcrumbs

 Hands-on: **25-35 mins**  
 Ready in: **35-45 mins**

 Eat Me Early

Golden chicken schnitzels get a tasty twist from our sensational Aussie spice blend, which gives that irresistible roast chicken flavour in an instant. Add sweet potato wedges and a crisp and creamy slaw for an easy crowd-pleasing dinner.

### Pantry items

Olive Oil, Plain Flour, Egg

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
spring onion	1 stem	2 stems
chicken breast	1 small packet	1 large packet
slaw mix	1 medium bag	1 extra large bag
Dijon mustard	½ packet (7.5g)	1 packet (15g)
garlic aioli	1 packet (100g)	2 packets (200g)
Aussie spice blend	1 sachet	2 sachets
plain flour*	2 tsp	1 tbs
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4322kJ (1032Cal)	705kJ (168Cal)
Protein (g)	43.9g	7.2g
Fat, total (g)	68g	11.1g
- saturated (g)	8.9g	1.5g
Carbohydrate (g)	58g	9.5g
- sugars (g)	18.8g	3.1g
Sodium (mg)	1333mg	217mg

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.



## Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until lightly browned, **25-30 minutes**.



## Get prepped

While the sweet potato is roasting, thinly slice the **spring onion**. Place the **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm.



## Make the slaw

In a large bowl, combine the **slaw mix**, **spring onion**, **Dijon mustard** (see ingredients) and 1/2 the **garlic aioli**. Season to taste. Set aside.



## Crumb the chicken

In a shallow bowl, combine the **Aussie spice blend**, **plain flour**, the **salt** and a pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Coat each **chicken breast** in the **flour mixture**, then in the **egg** and finally in the **panko breadcrumbs**. Set aside on a plate.



## Cook the chicken

In a large frying pan over a medium-high heat, add enough **olive oil** to coat the base. When the oil is hot, cook the crumbed **chicken**, in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel.

**TIP:** Add extra oil between batches to ensure the schnitzel doesn't stick to the pan.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Serve up

Divide the chicken schnitzels, sweet potato wedges and creamy rainbow slaw between plates. Serve with the remaining garlic aioli.

## Enjoy!

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