



# Aussie-Spiced Chicken Schnitzel

with Sweet Potato Wedges & Herby Dijon Slaw

Grab your Meal Kit with this symbol



Sweet Potato



Aussie Spice Blend



Panko Breadcrumbs



Spring Onion



Chicken Breast



Slaw Mix



Dijon Mustard



Garlic Aioli



Haloumi

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

Eat Me Early

Golden chicken schnitties get a tasty twist from our Aussie spice blend, which gives that irresistible roast chicken flavour in an instant. Add hand cut sweet potato wedges and a spring onion, Dijon and aioli-laced slaw for an easy crowd-pleasing dinner.

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

## 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
<b>plain flour*</b>	½ tbs	1 tbs
<b>salt*</b>	½ tsp	1 tsp
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
spring onion	½ stem	1 stem
slaw mix	1 medium bag	1 extra large bag
Dijon mustard	½ packet	1 packet
garlic aioli	1 large packet	2 large packets
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4235kJ (1012Cal)	690kJ (165Cal)
Protein (g)	47.6g	7.8g
Fat, total (g)	64.5g	10.5g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	58.5g	9.5g
- sugars (g)	18.7g	3g
Sodium (mg)	1309mg	213mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4634kJ (1108Cal)	861kJ (206Cal)
Protein (g)	30.8g	5.7g
Fat, total (g)	82.6g	15.3g
- saturated (g)	20.8g	3.9g
Carbohydrate (g)	59.5g	11.1g
- sugars (g)	19.5g	3.6g
Sodium (mg)	2260mg	420mg

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

2022 | CW42



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## Bake the wedges

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

**TIP:** If your oven tray is crowded, divide the wedges between two trays.

2



## Prep the chicken

- Meanwhile, place **chicken breast** between two sheets of baking paper.
- Pound **chicken** with a meat mallet or rolling pin until an even thickness, about 1cm.

**Custom Recipe:** If you've swapped to haloumi, cut haloumi into 1cm-thick slices.

3



## Crumb the chicken

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

**Little cooks:** Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients so you don't get sticky fingers.

**Custom Recipe:** Crumb each haloumi slice the same way as you would the chicken. Set aside on a plate.

4



## 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 crumbed **chicken**, in batches, until golden and cooked through, **2-4 minutes** each side.
- Transfer to a paper towel-lined plate.

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

**Custom Recipe:** Prepare frying pan as above. Cook haloumi until golden brown, 2 minutes each side. Transfer to a paper towel-lined plate.

5



## Make the slaw

- While the chicken is cooking, thinly slice **spring onion** (see ingredients).
- In a large bowl, combine **spring onion**, **slaw mix**, **Dijon mustard** (see ingredients) and 1/2 the **garlic aioli**. Toss to coat. Season to taste.

**Little cooks:** Take the lead by tossing the slaw!

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## Serve up

- Divide Aussie-spiced chicken schnitzel, sweet potato wedges and herby Dijon slaw between plates.
- Serve with remaining garlic aioli. Enjoy!

**Little cooks:** Add the finishing touch by drizzling over the remaining aioli!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)