



BBQ Chicken Schnitzel & Ranch Slaw

with Loaded Bacon Sweet Potato Wedges & Corn

PUB BISTRO

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Corn



Aussie Spice Blend



Shaved Parmesan Cheese



Diced Bacon



Chicken Breast



Panko Breadcrumbs



Slaw Mix



Ranch Dressing



BBQ Sauce



Mild Chipotle Sauce



Burger Sauce



Parsley

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

Eat Me Early

We've jazzed up the classic chicken schnitzel with all the moreish sides, and of course, all the mandatory sauces. Don't forget the parsley garnish for an extra pop of colour and a burst of fresh flavour.

Pantry items

Olive Oil, Plain Flour, Egg

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

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 |
| corn | 1 | 2 |
| Aussie spice blend | 1 medium sachet | 1 large sachet |
| shaved Parmesan cheese | 1 packet (26g) | 1 packet (52g) |
| diced bacon | 1 packet (90g) | 1 packet (180g) |
| chicken breast | 1 small packet | 1 large packet |
| plain flour* | 1 tbs | 2 tbs |
| egg* | 1 | 2 |
| panko breadcrumbs | 1 medium packet | 1 large packet |
| slaw mix | 1 small bag | 1 large bag |
| ranch dressing | 1 packet | 2 packets |
| BBQ sauce | ½ packet | 1 packet |
| mild chipotle sauce | 1 packet | 2 packets |
| burger sauce | 1 medium packet | 2 medium packets |
| parsley | 1 bag | 1 bag |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3652kJ (873Cal) | 530kJ (127Cal) |
| Protein (g) | 59.8g | 8.7g |
| Fat, total (g) | 35.4g | 5.1g |
| - saturated (g) | 9g | 1.3g |
| Carbohydrate (g) | 73.1g | 10.6g |
| - sugars (g) | 27.2g | 3.9g |
| Sodium (mg) | 2026mg | 294mg |

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



Bake the wedges & the corn

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** into wedges. Halve **corn cobs**.
- Place **wedges** and **corn** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and season with **salt**. Toss to coat. Roast until tender, **20-25 minutes**.
- Remove tray from oven, then sprinkle wedges with **shaved Parmesan cheese**. Bake until cheese is golden, a further **5 minutes**.

Little cooks: Take the lead by sprinkling the cheese over the wedges. Be careful, it's hot!

4



Cook the chicken

- Return frying pan to medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook **crumbed chicken**, in batches, until golden and cooked through (when no longer pink inside), **2-4 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel doesn't stick to the pan.

2



Get prepped

- While the wedges and corn are baking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **diced bacon**, breaking up with a spoon, until golden, **4-5 minutes**. Transfer to a bowl.

3



Crumb 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.
- In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** into **flour mixture** to coat, then into **egg**, and finally in **panko 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 to avoid sticky fingers! Make sure to wash your hands well afterwards.

5



Bring it all together

- In a large bowl, combine **slaw mix** and **ranch dressing**. Set aside.
- In a small bowl, combine **BBQ sauce** (see ingredients) and **mild chipotle sauce**.

6



Serve up

- Slice chicken schnitzel.
- Divide schnitzel, sweet potato wedges, corn and ranch slaw between plates.
- Load wedges up with bacon and **burger sauce**. Sprinkle with torn **parsley**.
- Drizzle BBQ sauce over schnitzel to serve. Enjoy!

Little cooks: Take the lead by drizzling over the sauce and sprinkling the parsley!

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