










Chicken Schnitzel & Garlicky Roast Pumpkin

with Apple-Carrot Salad & Herby Mayo

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Garlic & Herb Seasoning
-  Garlic
-  Apple
-  Carrot
-  Panko Breadcrumbs
-  Mixed Salad Leaves
-  Chicken Breast
-  Dill & Parsley Mayonnaise

 **Recipe Update**

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 35-45 mins

 Eat Me Early

 Calorie Smart

Tonight's panko-crumbed schnitties are perfect with pumpkin; roasting brings out the root vegetable's natural sweetness, a lovely contrast to our rich and savoury garlic and herb seasoning. Serve with an apple-adorned salad for extra texture, and our must-try dill and parsley mayo for dipping.

Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

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
butternut pumpkin	1 medium	1 large
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
apple	1	2
carrot	1	2
chicken breast	1 small packet	1 large packet
plain flour*	2 tbs	¼ cup
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2482kJ (593Cal)	470kJ (112Cal)
Protein (g)	45.4g	8.6g
Fat, total (g)	24.9g	4.7g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	45.3g	8.6g
- sugars (g)	17.3g	3.3g
Sodium (mg)	1633mg	309mg

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 pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **butternut pumpkin** into thin wedges. Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **pepper** and sprinkle with **garlic & herb seasoning**. Toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: Peel the pumpkin if you prefer!

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Thinly slice **apple** into wedges.
- Grate **carrot**.

3



Prep the chicken

- Place **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm thick.
- In a shallow bowl, combine **garlic**, 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 **chicken** into **flour mixture** to coat, then into the **egg** and finally into **breadcrumbs**. Transfer to a plate.

4



Cook the chicken

- In a large frying pan, add enough **olive oil** to cover the base and heat over a medium-high heat.
- 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 if needed so the schnitzel doesn't stick to the pan!

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

5



Make the salad

- While the chicken is cooking, combine a drizzle of **white wine vinegar** and **olive oil** in a large bowl.
- Season, then add **apple**, **carrot** and **mixed salad leaves**. Toss to combine.

6



Serve up

- Slice chicken schnitzel.
- Divide schnitzel, garlicky roast pumpkin and apple-carrot salad between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW40

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate