



Chicken Schnitzel & Garlicky Roast Sweet Potato

with Cherry Tomato Salad & Herby Mayo

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Garlic & Herb Seasoning



Garlic



Snacking Tomatoes



Panko Breadcrumbs



Mixed Salad Leaves



Chicken Breast



Dill & Parsley Mayonnaise

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

Calorie Smart

Eat Me Early

Tonight's panko-crumbed schnitties are perfect with sweet potato; roasting brings out the root vegetable's natural sweetness, a lovely contrast to our rich and savoury garlic and herb seasoning. Serve with a cherry tomato-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
sweet potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
snacking tomatoes	1 punnet	2 punnets
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)	2717kJ (649Cal)	472kJ (112Cal)
Protein (g)	46.2g	8g
Fat, total (g)	25.8g	4.5g
- saturated (g)	3.7g	0.6g
Carbohydrate (g)	55.5g	9.6g
- sugars (g)	13.4g	2.3g
Sodium (mg)	1625mg	282mg

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 sweet potato

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **pepper** and sprinkle with **garlic & herb seasoning**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the sweet potato between two trays.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Halve **snacking tomatoes**.

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** until combined. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** into **flour mixture** to coat, followed by **egg**, and finally in the **breadcrumbs**. Set aside on a plate.

4



Cook the chicken

- In a large frying pan, add enough **olive oil** to cover the base and heat over 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 **snacking tomatoes** and **mixed salad leaves**. Toss to combine.

6



Serve up

- Slice chicken schnitzel.
- Divide schnitzel, garlicky roast sweet potato and cherry tomato salad between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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