

# Chicken Schnitzel & Mustard Mayo

with Pear, Parmesan & Mint Salad

Grab your Meal Kit with this symbol



Tomato



Pear



Mint



Chicken Breast



Panko Breadcrumbs



Mixed Salad Leaves




Grated Parmesan Cheese



Mustard Mayo

 Hands-on: 25-35 mins  
Ready in: 30-40 mins

 Calorie Smart

 Eat Me Early

We've teamed a golden, fail-safe schnitzel with a salad you'll actually want to devour. Serve with a creamy mustard mayo for dipping and you have yourself a super satisfying dinner.

### Pantry items

Olive Oil, Plain Flour, Egg, Honey, Vinegar (White Wine or Red Wine)

## 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

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
pear	½	1
mint	1 bag	2 bags
chicken breast	1 small packet	1 large packet
salt*	1 tsp	2 tsp
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
vinegar* (white wine or red wine)	1 tbs	2 tbs
mixed salad leaves	1 medium bag	1 large bag
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
mustard mayo	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2534kJ (605Cal)	642kJ (153Cal)
Protein (g)	50.3g	12.7g
Fat, total (g)	29.6g	7.5g
- saturated (g)	6.3g	1.6g
Carbohydrate (g)	35.2g	8.9g
- sugars (g)	8.1g	2.1g
Sodium (mg)	1486mg	376mg

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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Get prepped

- Roughly chop **tomato**. Thinly slice **pear** (see ingredients) into wedges.
- Pick and thinly slice **mint** leaves.



## Cook the chicken

- In a large frying pan, add enough **olive oil** to coat the base over a 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 plate lined with paper towel.
- Meanwhile, combine the **honey**, **vinegar** and a drizzle of **olive oil** in a large bowl. Season, then add **mixed salad leaves**, **tomato**, **pear**, **grated Parmesan cheese** and **mint**. Toss to coat.

**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.



## Crumb 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, whisk the **salt**, **plain flour**, a good pinch of **pepper** and **egg** until combined. In a second shallow bowl, place the **panko breadcrumbs**.
- Dip **chicken** into **egg mixture** to coat, and then into **breadcrumbs**. Transfer to a plate.



## Serve up

- Divide chicken schnitzels and the pear, Parmesan and mint salad between plates.
- Serve with **mustard mayo**.

## Enjoy!

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