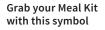


Chicken Schnitzel & Mustard Mayo

with Pear, Parmesan & Mint Salad











Chicken Breast





Mixed Salad

Leaves

Panko Breadcrumbs



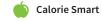
Grated Parmesan Cheese



Mustard Mayo



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



We've teamed a golden, fail-safe schnitty 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.



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

You will need

Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
pear	1/2	1
mint	1 bag	2 bags
chicken breast	1 small packet	1 large packet
salt*	1 tsp	2 tsp
plain flour*	2 tbs	1/4 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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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