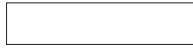




Chicken Schnitzel & Mustard Mayo

with Pear, Parmesan & Mint Salad



Grab your Meal Kit with this symbol



Cucumber



Pear



Mint



Panko Breadcrumbs



Mixed Salad Leaves



Chicken Breast



Shaved Parmesan Cheese



Mustard Mayo

Prep in: 25-35 mins
Ready in: 30-40 mins

Carb Smart

Eat Me Early

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.

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
cucumber	1	2
pear	½	1
mint	1 bag	2 bags
chicken breast	1 small packet	1 large packet
plain flour*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
vinegar* (white wine or red wine)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
shaved Parmesan cheese	1 medium packet	1 large packet
mustard mayo	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2447kJ (585Cal)	585kJ (140Cal)
Protein (g)	47.5g	11.4g
Fat, total (g)	27.9g	6.7g
- saturated (g)	6.8g	1.6g
Carbohydrate (g)	33.7g	8.1g
- sugars (g)	8.4g	2g
Sodium (mg)	838mg	200mg
Dietary Fibre (g)	5.3g	1.3g

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!



2022 | CW47

1



Get prepped

- Thinly slice **cucumber** into half-moons.
- Thinly slice **pear** (see ingredients) into wedges.
- Pick and thinly slice **mint leaves**.

Little cooks: Help pick the mint leaves!

3



Cook the chicken

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

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.

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

2



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, combine the **plain flour** and **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 **breadcrumbs**. Set aside on a plate.

Little cooks: Help crumb the schnitzel! Use one hand for the wet ingredients and the other for the dry ingredients so you don't end up with sticky fingers.

4



Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate