



Chicken Schnitzel & Pear-Parmesan Salad

with Mustard Mayo & Mint



Cucumber



Pear



Mint



Panko Breadcrumbs



Chicken Breast



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, failsafe schnitty with a salad you'll actually want to devour. Complete with creamy mustard mayo for dipping, meet your new favourite low-cal recipe.

Pantry items

Olive Oil, Egg, Plain Flour, 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
salt*	1 tsp	2 tsp
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken breast	1 small 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)	2658kJ (635Cal)	633kJ (151Cal)
Protein (g)	44.7g	10.6g
Fat, total (g)	35.7g	8.5g
- saturated (g)	8.1g	1.9g
Carbohydrate (g)	33.7g	8g
- sugars (g)	7.2g	1.7g
Sodium (mg)	1522mg	362mg

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

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



Set up a crumbing station

In a shallow bowl, combine the **salt**, **plain flour** and a good pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**.



Crumb the chicken

Place the **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until it is an even thickness, about 1cm-thick. Dip the **chicken** into the **seasoned flour**, then into the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.



Cook the chicken

In a large frying pan, add enough **olive oil** to cover the base and heat over a medium-high heat. When the oil is hot, cook the **crumbed chicken** in batches until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel.

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.



Make the salad

In a medium bowl, combine the **honey**, **vinegar** and a drizzle of **olive oil**. Add the **mixed salad leaves**, **cucumber**, **pear**, **grated Parmesan cheese** and **mint**. Toss to coat.



Serve up

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

Enjoy!

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