



Southern Chicken Schnitzels & Sweet Potato

with Creamy Rainbow Slaw

Grab your Meal Kit with this symbol



Sweet Potato



Spring Onion



Lemon



Slaw Mix



Garlic Aioli



Chicken Breast



Sweet Mustard Spice Blend



Panko Breadcrumbs

Hands-on: **30 mins**
Ready in: **40 mins**

Eat me early

Golden chicken schnitzels get a tasty twist from our sweet mustard spice blend, inspired by the flavours of the American South. Add sweet potato wedges and a crisp and creamy slaw for an easy crowd-pleasing dinner.

Pantry items

Olive Oil, Plain Flour, Eggs

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

Two oven trays lined with baking paper
Large frying pan

Ingredients

	4 People
olive oil*	refer to method
sweet potato	4
spring onion	1 bunch
lemon	1
slaw mix	1 bag (400g)
garlic aioli	2 packets (200g)
chicken breast	1 packet
sweet mustard spice blend	2 sachets
plain flour*	1 tbs
salt*	½ tsp
eggs*	2
panko breadcrumbs	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3700kJ (885Cal)	610kJ (146Cal)
Protein (g)	51.1g	8.4g
Fat, total (g)	48.4g	8.0g
- saturated (g)	6.4g	1.1g
Carbohydrate (g)	57.7g	9.5g
- sugars (g)	18.8g	3.1g
Sodium (g)	844mg	139mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Roast the sweet potato

Preheat the oven to **240°C/220°C fan-forced**. Slice the **sweet potato** (unpeeled) into 1cm wedges. Divide the wedges between two oven trays lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.

TIP: Switch the trays halfway to ensure even cooking.



2. Make the slaw

While the sweet potato is roasting, thinly slice the **spring onion**. Slice the **lemon** into wedges. In a large bowl, combine the **slaw mix**, **spring onion** and **1/2** the **garlic aioli** and toss to coat. Season with a **pinch** of **salt** and **pepper**, mix well and set aside.



3. Prep the chicken

Place the **chicken breast** between two sheets of baking paper and pound with a meat mallet or rolling pin until 1cm thick.



4. Crumb the chicken

In a shallow bowl, combine the **sweet mustard spice blend**, **plain flour**, the **salt** and a **pinch** of **pepper**. In a second shallow bowl, whisk the **egg** with a fork. In a third shallow bowl, add the **panko breadcrumbs**. Coat each **chicken breast** in the **flour mixture**, followed by the **egg** and finally in the **panko breadcrumbs**. Set aside on a plate.



5. Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/3** of the crumbed **chicken** and cook until golden on the outside and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the **remaining chicken**.

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



6. Serve up

Divide the Southern chicken schnitzels, sweet potato wedges and creamy rainbow slaw between plates. Serve with lemon wedges and the remaining garlic aioli.

Enjoy!