



# Quick Chicken Schnitzel & Mustard Mayo

with Cherry Tomato & Almond Salad

Grab your Meal Kit with this symbol



Cherry/Snacking Tomatoes



Chicken Breast



Panko Breadcrumbs



Deluxe Salad Mix



Slivered Almonds



Mustard Mayo

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



Eat Me Early



Carb Smart

It's schnitty night, tonight! Coat juicy chicken breast in our classic panko mix for a crispy golden result, then team it with the best mustard mayo to amp up the flavour. No need to head to the pub for a meal like this!

### Pantry items

Olive Oil, Plain Flour, Egg, Honey, White Wine Vinegar

## 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
cherry/snacking tomatoes	1 punnet	2 punnets
chicken breast	1 small packet	1 large packet
plain flour*	2 tbs	¼ cup
egg*	1	2
salt*	1 tsp	2 tsp
panko breadcrumbs	1 medium packet	1 large packet
honey*	½ tsp	1 tsp
white wine vinegar*	drizzle	drizzle
deluxe salad mix	1 medium bag	1 large bag
slivered almonds	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)	2551kJ (609Cal)	592kJ (141Cal)
Protein (g)	46.8g	10.9g
Fat, total (g)	30.9g	7.2g
- saturated (g)	4.2g	1g
Carbohydrate (g)	34.6g	8g
- sugars (g)	6.5g	1.5g
Sodium (mg)	1409mg	327mg
Dietary Fibre	10.2g	2.4g

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

- Halve **cherry tomatoes**. Set aside.
- Place **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm-thick.

3



## Cook the schnitzel & toss the salad

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat. When oil is hot, cook **schnitzel**, in batches, until golden and cooked through (when no longer pink inside), **2-4 minutes**. Transfer to a paper towel-lined plate.
- While the schnitzel is cooking, combine the **honey** with a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season, then add **cherry tomatoes** and **deluxe salad mix**. Toss to combine.

**TIP:** If needed, add extra oil between batches to stop the schnitzel from sticking to the pan!

**Little cooks:** Help combine the dressing and toss the salad!

2



## Crumb the chicken

- In a shallow bowl, whisk the **plain flour**, **egg**, the **salt** and a pinch of **pepper**.
- In a second shallow bowl, add **panko breadcrumbs**.
- Dip **chicken** into **egg mixture** to coat, and then into **panko breadcrumbs**. Transfer to 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



## Serve up

- Divide chicken schnitzel and cherry tomato salad between plates.
- Sprinkle **slivered almonds** over salad.
- Serve with **mustard mayo**.

## Enjoy!

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