

Quick Chicken Schnitzel & Mustard Mayo with Cherry Tomato & Almond Salad

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Cherry/Snacking



Chicken Breast



Panko Breadcrumbs





Slivered Almonds



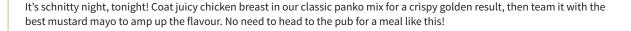
Mustard Mayo

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

Carb Smart









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 | ½ 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

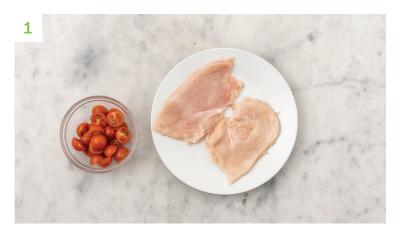
| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kj) | 2551kJ (609Cal) | 592kJ (141Cal) |
| Protein (g) | 46.8g | 10.9g |
| Fat, total (g) | 30.9g | 7.2g |
| - saturated (g) | 4.2g | 1g |
| Carbohydrate (g) | 34.6g | 8g |
| - sugars (g) | 6.5g | 1.5g |
| 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



Cook the schnitzel & toss the salad

- In a large frying pan, heat enough olive oil to coat the base over mediumhigh 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!



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.



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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