



Parmesan-Crumbed Chicken Schnitzel

with Celery Slaw & Creamy Pesto Dressing

KID FRIENDLY



Recipe Update
Unfortunately, this week's shredded cabbage was in short supply, so we've replaced it with slaw mix. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Grab your Meal Kit with this symbol



Carrot



Celery



Panko Breadcrumbs



Aussie Spice Blend



Grated Parmesan Cheese



Chicken Breast



Flaked Almonds



Super Slaw



Creamy Pesto Dressing



Pork Schnitzels

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



Carb Smart*

*Custom Recipe is not Carb Smart



Eat Me Early

It's easy to whip up a classic schnitzel at home, and we're going to show you how! Make it a meal with a crunchy, tangy slaw, studded with almonds and celery, plus some pesto dressing for dipping. Delicious!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 sachet	1 sachet
grated Parmesan cheese	1 medium packet	1 large packet
chicken breast	1 small packet	2 small packets OR 1 large packet
flaked almonds	1 packet	2 packets
super slaw	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
creamy pesto dressing	1 packet (40g)	1 packet (80g)
pork schnitzels**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2527kJ (604Cal)	551kJ (132Cal)
Protein (g)	49.1g	10.7g
Fat, total (g)	27.2g	5.9g
- saturated (g)	6.2g	1.4g
Carbohydrate (g)	39.9g	8.7g
- sugars (g)	6.8g	1.5g
Sodium (mg)	1012mg	221mg
Dietary Fibre (g)	7.5g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2756kJ (659Cal)	628kJ (150Cal)
Protein (g)	45.1g	10.3g
Fat, total (g)	35g	8g
- saturated (g)	9.4g	2.1g
Carbohydrate (g)	39.1g	8.9g
- sugars (g)	6.7g	1.5g
Sodium (mg)	987mg	225mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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!

Scan here if you have any questions or concerns

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Get prepped

- Grate the **carrot**. Thinly slice **celery**.

Little cooks: Older kids can help grate the carrot under adult supervision.



Cook the chicken

- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.
- Return the frying pan to medium-high heat with enough **olive oil** to cover the base. 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.

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

Custom Recipe: Heat the pan as above. When oil is hot, cook pork schnitzels in batches until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.



Prep the crumb

- In a shallow bowl, combine the **plain flour** and a pinch of **salt** and **pepper**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, combine **panko breadcrumbs**, **Aussie spice blend** and **grated Parmesan cheese**.

Little cooks: Kids can help with cracking and whisking the egg.



Toss the slaw

- Meanwhile, combine **super slaw**, **carrot**, **celery** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season with **salt** and **pepper** and toss to combine.



Crumb the chicken

- Place **chicken breast** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until it's an even thickness, about 1cm-thick.
- Coat **chicken** first in the **flour**, followed by the **egg** and finally the **panko-Parmesan crumb**. Transfer to a plate.

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for dry.

Custom Recipe: If you've swapped your chicken breast to pork schnitzel, crumb the pork in the same way as above.



Serve up

- Slice chicken schnitzels.
- Divide Parmesan-crumbed chicken schnitzel and celery slaw between plates.
- Garnish slaw with toasted almonds. Serve with **creamy pesto dressing**. Enjoy!

Rate your recipe

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