



Cheesy Louisiana Chicken Schnitzel

with Burger Sauce & Celery Slaw

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Celery



Shredded Cabbage Mix



Baby Spinach Leaves



Louisiana Spice Blend



Panko Breadcrumbs



Chicken Breast



Shredded Cheddar Cheese



Burger Sauce



Pork Schnitzels

Prep in: 15-25 mins
Ready in: 20-30 mins

Carb Smart

Eat Me Early

Load up chicken breasts with flavour before pan-frying them until golden and tender. Southern-inspired, Louisiana spice blend and melted Cheddar combine to make a sensational topping that everyone will happily devour!

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

Pantry items

Olive Oil, Plain Flour, Egg

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 with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
shredded cabbage mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 small bag	1 medium bag
plain flour*	1 tbs	2 tbs
Louisiana spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	¾ medium packet	¾ large packet
chicken breast	1 small packet	2 small packets OR 1 large packet
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
burger sauce	1 medium packet	1 large packet
pork schnitzels**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2271kJ (543Cal)	586kJ (140Cal)
Protein (g)	47.4g	12.2g
Fat, total (g)	26.7g	6.9g
- saturated (g)	7.8g	2g
Carbohydrate (g)	27.9g	7.2g
- sugars (g)	5.8g	1.5g
Sodium (mg)	1603mg	414mg
Dietary Fibre (g)	5.1g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2500kJ (598Cal)	680kJ (163Cal)
Protein (g)	43.4g	11.8g
Fat, total (g)	34.5g	9.4g
- saturated (g)	11g	3g
Carbohydrate (g)	27.1g	7.4g
- sugars (g)	5.7g	1.6g
Sodium (mg)	1578mg	430mg
Dietary Fibre (g)	5.1g	1.4g

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

2023 | CW40



1



Get prepped

- Thinly slice **celery**.
- In a medium bowl, combine **shredded cabbage mix**, **celery** and **baby spinach leaves**. Set aside.
- In a shallow bowl, combine the **plain flour**, **Louisiana spice blend** and the **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs (see ingredients)**.
- Place **chicken breast** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm-thick.
- Coat **chicken** first in **spice mixture**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.

Custom Recipe: If you swapped to pork schnitzels, separate pork (if stuck together) to get two schnitzels per person. Crumb in the same way as above.

3



Toss the slaw

- Meanwhile, add **burger sauce** to the **slaw**. Season with **salt** and **pepper**. Toss to combine.

Little cooks: Take the lead by tossing the slaw!

2



Cook the crumbed chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base of pan. When oil is hot, cook **crumbed chicken** in batches, until golden and cooked through, **2-4 minutes** on each side.
- In the last **1-2 minutes** of cook time, sprinkle **shredded Cheddar cheese** over chicken and cover with a lid (or foil) so cheese melts.

TIP: Add extra oil between batches if needed.

Custom Recipe: Cook pork schnitzels in batches until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.

4



Serve up

- Slice cheesy Louisiana chicken schnitzels.
- Divide chicken between plates.
- Serve with celery slaw. Enjoy!

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