



All-American Crumbed Chicken Schnitzel

with Potato Wedges, Avocado Slaw & Chipotle Aioli

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Sweetcorn



Avocado



Chicken Breast



Panko Breadcrumbs



All-American Spice Blend



Shredded Cabbage Mix



Mild Chipotle Sauce



Garlic Aioli



Chicken Breast

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

Eat Me Early

It's an all-star lineup, classic golden chicken schnitzel and wedges. Nothing can beat this, but maybe we can make it even better by having a chipotle aioli for dipping and a charred corn and avocado slaw for a fresh note.

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
sweetcorn	1 tin	1 tin
avocado	1	1
chicken breast	1 small packet	2 small packets OR 1 large packet
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
mild chipotle sauce	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3292kJ (787Cal)	520kJ (124Cal)
Protein (g)	49.4g	7.8g
Fat, total (g)	34.5g	5.5g
- saturated (g)	5.6g	0.9g
Carbohydrate (g)	68.2g	10.8g
- sugars (g)	18.2g	2.9g
Sodium (mg)	1160mg	183mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4037kJ (965Cal)	509kJ (122Cal)
Protein (g)	82.5g	10.4g
Fat, total (g)	39.7g	5g
- saturated (g)	7.1g	0.9g
Carbohydrate (g)	69g	8.7g
- sugars (g)	18.2g	2.3g
Sodium (mg)	1259mg	159mg

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



1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

4



Cook the chicken

- Return the pan to medium-high heat with enough **olive oil** to cover the base. When oil is hot, cook **crumbed chicken** until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Cook in batches if your pan is getting crowded, adding extra olive oil between batches if needed.

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

Custom Recipe: If you've doubled your chicken breast, cook in batches for the best results.

2



Get prepped

- Drain the **sweetcorn**. Slice **avocado** in half, scoop out flesh and roughly chop.
- 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.
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to large bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

5



Toss the slaw

- Meanwhile, add **shredded cabbage mix** to the bowl of **charred corn**, along with **avocado** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**, then toss to combine.
- In a small bowl, combine **mild chipotle sauce** and **garlic aioli**.

Little cooks: Help combine the ingredients for the slaw.

3



Crumb the chicken

- 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** and **All-American spice blend**.
- Coat **chicken** first in the **flour**, followed by the **egg** and finally the **panko crumb**. Transfer to a plate.

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

6



Serve up

- Slice chicken schnitzels.
- Divide All-American crumbed chicken schnitzel, potato wedges and avocado slaw between plates.
- Serve with chipotle aioli. Enjoy!

Rate your recipe

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