



# Cheesy Louisiana Chicken Schnitzel

with Smokey Aioli & Avocado Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Avocado



Shredded Cabbage Mix



Baby Kale



Louisiana Spice Blend



Panko Breadcrumbs



Chicken Breast



Shredded Cheddar Cheese



Smokey Aioli

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

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!

### 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                          |
|-------------------------|-----------------|-----------------------------------|
| <b>olive oil*</b>       | refer to method | refer to method                   |
| carrot                  | 1               | 2                                 |
| avocado                 | 1               | 1                                 |
| shredded cabbage mix    | 1 bag (150g)    | 1 bag (300g)                      |
| baby kale               | 1 small bag     | 1 medium bag                      |
| <b>plain flour*</b>     | 1 tbs           | 2 tbs                             |
| Louisiana spice blend   | 1 sachet        | 2 sachets                         |
| <b>salt*</b>            | ¼ tsp           | ½ tsp                             |
| <b>egg*</b>             | 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)                    |
| smokey aioli            | 1 medium packet | 1 large packet                    |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2890kJ (691Cal) | 593kJ (142Cal) |
| Protein (g)      | 48.5g           | 10g            |
| Fat, total (g)   | 40.4g           | 8.3g           |
| - saturated (g)  | 9.9g            | 2g             |
| Carbohydrate (g) | 32.7g           | 6.7g           |
| - sugars (g)     | 8.1g            | 1.7g           |
| Sodium (mg)      | 1610mg          | 330mg          |

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## Get prepped

- Grate the **carrot**. Slice **avocado** in half, scoop out flesh and thinly slice.
- In a medium bowl, combine **shredded cabbage mix**, **carrot**, **avocado** and **baby kale**. 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.

**Little cooks:** Help with cracking and whisking the egg.

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## Toss the slaw

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

**Little cooks:** Take the lead by tossing the slaw!

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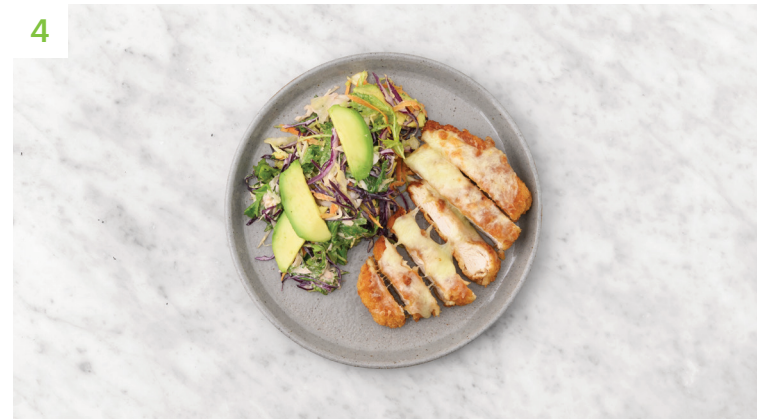


## Cook the crumbed chicken

- 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. Transfer to a paper towel-lined plate.

**TIP:** Add extra oil between batches if needed.

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## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



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