



# Quick Cheesy Chicken Schnitzel

with Smokey Kale Slaw

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Louisiana Spice Blend



Panko Breadcrumbs



Chicken Breast



Shredded Cheddar Cheese



Carrot



Shredded Cabbage Mix



Baby Kale



Smokey Aioli



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                             |
|-------------------------|-----------------|--------------------------------------|
| <b>olive oil*</b>       | refer to method | refer to method                      |
| <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       | 1 medium packet | 1 large packet                       |
| chicken breast          | 1 small packet  | 2 small packets<br>OR 1 large packet |
| shredded Cheddar cheese | 1 packet (40g)  | 1 packet (80g)                       |
| carrot                  | 1               | 2                                    |
| shredded cabbage mix    | 1 bag (150g)    | 1 bag (300g)                         |
| baby kale               | 1 small bag     | 1 medium bag                         |
| smokey aioli            | 1 medium packet | 1 large packet                       |
| pork schnitzels**       | 1 packet        | 1 packet                             |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 2343kJ (560Cal) | 548kJ (131Cal) |
| Protein (g)       | 47.4g           | 11.1g          |
| Fat, total (g)    | 26.8g           | 6.3g           |
| - saturated (g)   | 7.8g            | 1.8g           |
| Carbohydrate (g)  | 32.6g           | 7.6g           |
| - sugars (g)      | 8.1g            | 1.9g           |
| Sodium (mg)       | 1603mg          | 375mg          |
| Dietary Fibre (g) | 7.7g            | 1.8g           |

### Custom Recipe

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 2572kJ (615Cal) | 631kJ (151Cal) |
| Protein (g)       | 43.4g           | 10.7g          |
| Fat, total (g)    | 34.6g           | 8.5g           |
| - saturated (g)   | 11g             | 2.7g           |
| Carbohydrate (g)  | 31.8g           | 7.8g           |
| - sugars (g)      | 8g              | 2g             |
| Sodium (mg)       | 1578mg          | 387mg          |
| Dietary Fibre (g) | 7.7g            | 1.9g           |

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW04



1



## Get prepped

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! 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**.
- 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 the **flour 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, grate **carrot**.
- In a medium bowl, combine **shredded cabbage mix**, **carrot** and **baby kale**.
- Add **smokey aioli** and season with **salt** and **pepper**. Toss to combine.

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

2



## Cook the crumbed chicken

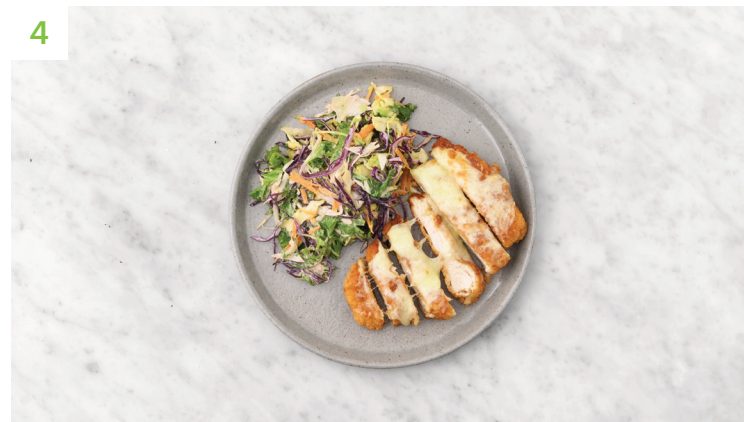
- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base. When oil is hot, cook crumbed **chicken** in batches, until golden and cooked through, **2-4 minutes** on each side.
- In the last **1-2 minutes** of cook time, sprinkle **shredded Cheddar cheese** over chicken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

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

**TIP:** Chicken is cooked through when it's no longer pink inside.

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

4



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)