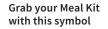


Quick Cheesy Louisiana Chicken Schnitzel with Smokey Kale Slaw

KID FRIENDLY

CLIMATE SUPERSTAR







Louisiana Spice





Panko Breadcrumbs



Chicken Breast





Shredded Cheddar Cheese



Carrot



Shredded Cabbage



Baby Kale



Smokey Aioli





Prep in: 14-24 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

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
plain flour*	1 tbs	2 tbs
Louisiana spice blend	1 sachet	2 sachets
salt*	1/4 tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken breast	1 small packet	2 small packets 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
shredded Cheddar cheese**	1 packet (40g)	1 packet (80g)

*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)	8.3g	1.9g
Sodium (mg)	1603mg	375mg
Dietary Fibre (g)	7.7g	1.8g
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2701kJ (646Cal)	604kJ (144Cal)
Protein (g)	52.1g	11.6g
Fat, total (g)	34.2g	7.6g
- saturated (g)	12.3g	2.7g
Carbohydrate (g)	32.6g	7.3g
- sugars (g)	8.3g	1.9g
Sodium (mg)	1742mg	389mg
Dietary fibre	7.7g	1.7g

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





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 spice mixture, followed by the egg and finally the panko breadcrumbs. Transfer to a plate.



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!



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: If you've doubled the cheddar cheese, follow the instructions as above.



Serve up

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

