



Quick Cheesy Louisiana 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



Shredded Cheddar Cheese

Prep in: 14-24 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

Ingredients

	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*	¼ 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 (g)	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

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

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

4



Serve up

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

Rate your recipe

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