



# Cheesy Louisiana Chicken Schnitzel

with Cos Salad & Smokey Aioli

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cos Lettuce



Tomato



Carrot



Louisiana Spice Blend



Panko Breadcrumbs



Chicken Breast



Shredded Cheddar Cheese



Smokey Aioli



Shredded Cheddar Cheese

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



Carb Smart

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!

Eat Me Early

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Balsamic)

## 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
<b>olive oil*</b>	refer to method	refer to method
cos lettuce	1 head	2 heads
tomato	1	2
carrot	1	2
<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 medium packet	2 medium packets OR 1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet
shredded Cheddar cheese**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2381kJ (569Cal)	470kJ (112Cal)
Protein (g)	53g	10.5g
Fat, total (g)	24.9g	4.9g
- saturated (g)	7.3g	1.4g
Carbohydrate (g)	33.8g	6.7g
- sugars (g)	9g	1.8g
Sodium (mg)	1644mg	325mg
Dietary Fibre (g)	8g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2739kJ (655Cal)	520kJ (124Cal)
Protein (g)	57.7g	11g
Fat, total (g)	32.3g	6.1g
- saturated (g)	11.8g	2.2g
Carbohydrate (g)	33.8g	6.4g
- sugars (g)	9g	1.7g
Sodium (mg)	1782mg	338mg
Dietary fibre	8g	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](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



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## Get prepped

- Roughly chop **cos lettuce** and **tomato**. Using a vegetable peeler, slice **carrot** into ribbons.
- 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.

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## Toss the salad

- Meanwhile, combine **cos lettuce**, **tomato** and **carrot** in a medium bowl.
- Add a drizzle of **vinegar** and **olive oil** and season to taste. Toss to combine.

**Little cooks:** Take the lead by tossing the salad.

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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. 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 your shredded Cheddar cheese, sprinkle extra cheese over chicken as above.

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## Serve up

- Slice cheesy Louisiana chicken schnitzels.
- Divide chicken between plates.
- Serve with cos salad and **smokey aioli**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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