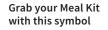


# Cheesy Louisiana Chicken Schnitzel with Cos Salad & Smokey Aioli

KID FRIENDLY

**CLIMATE SUPERSTAR** 













Carrot







Panko Breadcrumbs





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, 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

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	2 People	4 People
olive oil*	refer to method	refer to method
cos lettuce	1 head	2 heads
tomato	1	2
carrot	1	2
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 medium packet	2 medium packets OR 1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet
shredded Cheddar cheese**	1 medium packet	1 large packet

<sup>\*</sup>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)	<b>520kJ</b> (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 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

- 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.



# 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.



# 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.



# Serve up

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



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