



Herby Chicken Cotoletta Panini

with Garlic Potatoes & Mayonnaise

HALL OF FAME

NEW

Grab your Meal Kit with this symbol



Potato



Garlic



Tomato



Chicken Breast



Garlic & Herb Seasoning



Oregano



Panko Breadcrumbs



Wholemeal Panini



Mixed Salad Leaves



Mayonnaise



Pork Schnitzels

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me Early

This dish is full of tantalizing flavours, from the garlic butter drizzled over the potatoes to the herby seasoning cooked right into the chicken crumb. Even the panini is getting a boost with a swipe of mayonnaise to tie it all together!

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

Pantry items

Olive Oil, Butter, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
butter*	20g	40g
tomato	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	2 medium sachets
oregano	1 packet	2 packets
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
wholemeal panini	2	4
mixed salad leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
pork schnitzels**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4087kJ (977Cal)	653kJ (156Cal)
Protein (g)	61.3g	9.8g
Fat, total (g)	32.2g	5.1g
- saturated (g)	10.4g	1.7g
Carbohydrate (g)	107.5g	17.2g
- sugars (g)	23.2g	3.7g
Sodium (mg)	1134mg	181mg
Dietary Fibre (g)	13.1g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4290kJ (1025Cal)	729kJ (174Cal)
Protein (g)	51.5g	8.8g
Fat, total (g)	41.9g	7.1g
- saturated (g)	14.2g	2.4g
Carbohydrate (g)	106.5g	18.1g
- sugars (g)	23.1g	3.9g
Sodium (mg)	1074mg	183mg
Dietary fibre	13.1g	2.2g

The quantities provided above are averages only.

Allergens

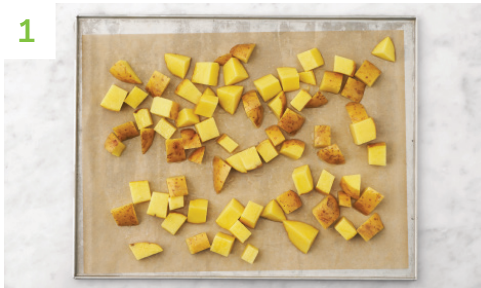
Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Start the garlic potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until just tender, **18-20 minutes**.

4



Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. When oil is hot, cook **chicken** in batches until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: Heat the frying pan as above. When oil is hot, cook pork schnitzels in batches until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.

2



Finish the garlic potatoes

- Meanwhile, finely chop **garlic**. In a small microwave-safe bowl, combine the **butter** and **garlic** and microwave in **10 second** bursts, until melted. Season with **salt** and **pepper** and set aside.
- Lightly crush the **semi-roasted potatoes** on the tray. Drizzle with melted **garlic butter** and return to the oven. Roast until golden, **8-10 minutes**.

5



Bring it together

- Meanwhile, cut **wholemeal panini** in half lengthways.
- Place **panini** directly on wire racks in the oven and bake until heated through, **3-5 minutes**.
- In a large bowl, combine **tomato**, **mixed salad leaves**, a drizzle of **vinegar** and **olive oil**. Season to taste.

3



Get prepped

- Thinly slice **tomato**. Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine **garlic & herb seasoning**, **oregano**, the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **chicken** first in the **flour mixture**, followed by the **egg** and finally the **breadcrumbs**. Transfer to a plate.

Custom Recipe: If you've swapped to pork schnitzels, separate (if stuck together) to get two schnitzels per person. Crumb pork as above.

6



Serve up

- Spread bases of panini with some **mayonnaise**.
- Top with herby chicken and tomato salad. Serve with garlic potatoes. Enjoy!

Rate your recipe

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