



# Homestyle Crumbed Chicken & Apple Slaw

with Lemony Crushed Potatoes

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Potato



Celery



Apple



Garlic



Lemon



Chicken Breast



All-American Spice Blend



Panko Breadcrumbs



Grated Parmesan Cheese



Vegetable Stock Powder



Shredded Cabbage Mix



Mayonnaise



Grated Parmesan Cheese



Pork Schnitzel

Prep in: 30-40 mins  
Ready in: 35-45 mins

Eat Me Early

Chicken, potatoes and slaw - the classic combo that proves simple pleasures always win. We've thrown in a few flavour bombs to amp things up; our smokey All-American seasoning in the crumb, a lemony twist on the hot crushed potatoes, and refreshing sweet apple mixed through the slaw.

### Pantry items

Olive Oil, Butter, Plain Flour, Egg, White Wine Vinegar



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
celery	1 stalk	2 stalks
apple	1	2
garlic	2 cloves	4 cloves
lemon	½	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
<b>plain flour*</b>	2 tbs	¼ cup
All-American spice blend	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
shredded cabbage mix	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3453kJ (825cal)	304kJ (73cal)
Protein (g)	54.8g	4.8g
Fat, total (g)	33.7g	3g
- saturated (g)	11.7g	1g
Carbohydrate (g)	73.6g	6.5g
- sugars (g)	29.4g	2.6g
Sodium (mg)	1619mg	142.5mg
Dietary Fibre (g)	6.8g	0.6g

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.



## Get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cut **potato** into large chunks. Thinly slice **celery**. Thinly slice **apple** into sticks. Finely chop **garlic**. Slice **lemon** into wedges.
- Cook **potato** in the boiling water over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to saucepan.



## Finish the potatoes

- Return saucepan with **drained potatoes** to medium-high heat, then add the **butter** and **garlic**. Cook, stirring, until fragrant, **1 minute**.
- Add **vegetable stock powder** and a generous squeeze of **lemon juice**. Stir to combine, then remove from heat.
- Add **potato** to the pan and toss to coat. Lightly crush with a fork. Cover to keep warm.

**TIP:** Add a splash of water if the potato looks dry!



## Crumb the chicken

- Meanwhile, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine the **plain flour**, **All-American spice blend**, a pinch of **salt** and **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **grated Parmesan cheese**.
- Coat **chicken** in **flour mixture**, followed by the **egg** and finally the **breadcrumb mixture**. Transfer to a plate.



## Make the slaw

- In a large bowl, combine **apple**, **celery**, **shredded cabbage mix**, a drizzle of **vinegar** and **olive oil**. Season to taste.



## Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover base.
- Cook **crumbed chicken** in batches until golden and cooked through, **3-5 minutes** each side. Transfer to a plate lined with paper towel.

**TIP:** Add extra oil if needed so the schnitzel does not stick to the pan.



## Serve up

- Divide crumbed chicken, lemony crushed potatoes and apple slaw between plates.
- Serve with **mayonnaise** and remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### DOUBLE GRATED PARMESAN CHEESE

Follow method above.



#### SWAP TO PORK SCHNITZEL

Follow crumbing method above and cook for 1-2 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

