



Golden Chicken Schnitzel & Wedges

with Creamy Slaw

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

1



Potato



Cucumber



Lemon



Slaw Mix



Garlic Aioli



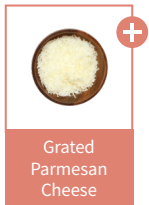
Chicken Breast



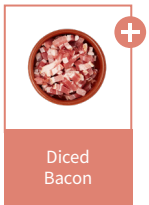
Panko Breadcrumbs



Aussie Spice Blend



Grated Parmesan Cheese



Diced Bacon

Prep in: 20-30 mins
Ready in: 25-35 mins



Protein Rich



Eat Me Early

Boost the flavour of a classic chicken schnitzel by adding our Aussie spice blend to the golden crumb coating. Served with garlic aioli, potato fries and a creamy slaw for a meal nobody can refuse!

Pantry items

Olive Oil, Plain Flour, Egg

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

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
cucumber	1 (medium)	1 (large)
lemon	½	1
slaw mix	1 medium packet	1 large packet
garlic aioli	½ large packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
salt*	½ tsp	1 tsp
plain flour*	2 tbs	4 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3113kJ (744cal)	272kJ (65cal)
Protein (g)	54.3g	4.7g
Fat, total (g)	29.7g	2.6g
- saturated (g)	3.8g	0.3g
Carbohydrate (g)	68.8g	6g
- sugars (g)	24.1g	2.1g
Sodium (mg)	1628mg	142.4mg
Dietary Fibre (g)	6.3g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges. Place **wedges** on a lined oven tray, drizzle with **olive oil** and season with a pinch of **salt** and **pepper**. Toss to coat, then bake until tender, **20-25 minutes**.
- While the wedges are baking, slice **cucumber** into half-moons.
- Slice **lemon** in half.
- In a large bowl, combine **cucumber**, **slaw mix**, a squeeze of **lemon juice** and half the **garlic aioli**. Add a pinch of **salt** and **pepper** and toss to coat. Set aside.

3



Cook the schnitzel

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base of the pan.
- When oil is hot, cook **crumbed chicken breast** until golden and cooked through, **2-4 minutes** each side.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan. Set aside on a plate lined with paper towel.

2



Crumb the chicken

- Place **chicken breasts** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm-thick.
- In a shallow bowl, combine the **salt**, **plain flour** and a good pinch of **pepper**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, mix **panko breadcrumbs** and **Aussie spice blend**.
- Dip **chicken breast** into **flour mixture** to coat, then into **egg**, and finally into the **panko Aussie spice breadcrumbs**. Set aside on a plate.

4



Serve up

- Divide classic chicken schnitzels, wedges and creamy slaw between plates.
- Serve with remaining garlic aioli. Enjoy!

Little cooks: Add the finishing touch by drizzling over the garlic aioli!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS



ADD GRATED PARMESAN CHEESE

In the last 5 minutes of cook time, sprinkle over wedges. Bake until golden and melted.



ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Sprinkle over wedges before serving.

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

