



# Smokey Crumbed Chicken & Apple Cos Salad

with Herby-Mayo Dressing

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

1



Cucumber



Apple



Cos Lettuce



Chicken Breast



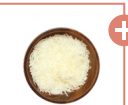
All-American Spice Blend



Panko Breadcrumbs



Dill & Parsley Mayonnaise



Grated Parmesan Cheese



Pork Schnitzel

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

Carb Smart

Protein Rich

Eat Me Early

Get ready for a deliciously crunchy twist on your weeknight dinner! This crumbed chicken is perfectly golden, crispy, and oh-so-juicy. Paired with a fresh, crisp apple salad, this dish has the perfect balance of textures and flavours.

### Pantry items

Olive Oil, 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cucumber	½ (large)	1 (large)
apple	1	2
cos lettuce	1 head	2 heads
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
dill & parsley mayonnaise	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2754kJ (658cal)	251kJ (60cal)
Protein (g)	50.1g	4.6g
Fat, total (g)	34g	3.1g
- saturated (g)	4.9g	0.4g
Carbohydrate (g)	38.3g	3.5g
- sugars (g)	11.3g	1g
Sodium (mg)	1019mg	93mg
Dietary Fibre (g)	4.2g	0.4g

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

- Slice **cucumber** (see ingredients) into half-moons.
- Thinly slice **apple** into wedges.
- Roughly chop **cos lettuce**.



## Cook the chicken

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

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Crumb the chicken

- 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** and **All-American spice blend**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** into **flour mixture** to coat, then into **egg**, and finally in **breadcrumbs**. Set aside on a plate.



## Serve up

- To a large bowl, combine cos lettuce, apple, cucumber, **dill & parsley mayonnaise** and a drizzle of **white wine vinegar**. Toss to coat and season to taste.
- Slice crumbed chicken.
- Divide apple cos salad between bowls. Top with smokey crumbed chicken. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



### CUSTOM OPTIONS

**+** ADD GRATED PARMESAN CHEESE  
Sprinkle over before serving.

**↻** SWAP TO PORK SCHNITZEL  
Follow crumbing and cooking method above, cooking 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.

