



Southern Chicken Schnitzels & Potato Wedges

with Creamy Rainbow Slaw

Grab your Meal Kit with this symbol



Potato



Chives



Chicken Breast



Slaw Mix



Smokey Aioli



Sweet Mustard Spice Blend



Panko Breadcrumbs



Lemon

 Hands-on: **30-40 mins**
 Ready in: **35-45 mins**

 Eat Me Early

Golden crusted chicken schnitzels get a boost of flavour with a sweet mustard spice blend! Serve up a side of potato wedges plus a crisp and colourful slaw for a bright and tasty dinner that brings fun and flavour to the table.

Pantry items

Olive Oil, Plain Flour, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
chives	1 bag	1 bag
chicken breast	1 packet	1 packet
slaw mix	1 bag (200g)	1 bag (400g)
smokey aioli	1 packet (100g)	2 packets (200g)
sweet mustard spice blend	1 sachet	1 sachet
plain flour*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
lemon	½	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3253kJ (777Cal)	558kJ (133Cal)
Protein (g)	40.7g	7g
Fat, total (g)	44.6g	7.6g
- saturated (g)	5.7g	1g
Carbohydrate (g)	60.2g	10.3g
- sugars (g)	8.8g	1.5g
Sodium (mg)	1295mg	222mg

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



Roast the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges and place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

2



Get prepped

While the wedges are roasting, thinly slice the **chives**. Place the **chicken breast** between two sheets of baking paper. Pound the chicken with a meat mallet or rolling pin until it is an even thickness, about 1cm thick.

3



Make the slaw

In a large bowl, combine the **slaw mix**, **chives** and 1/2 the **smokey aioli**. Toss to coat and season with **salt** and **pepper**. Mix well and set aside.

4



Crumb the chicken

In a shallow bowl, combine the **sweet mustard spice blend**, **plain flour** and the **salt**, then season with **pepper**. In a second shallow bowl, whisk the **egg** with a fork. In a third shallow bowl, add the **panko breadcrumbs**. Dip each **chicken breast** into the **flour mixture**, followed by the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.

5



Cook the chicken

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

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

6



Serve up

Slice the **lemon** into wedges. Divide the Southern chicken schnitzels, potato wedges and smokey slaw between plates. Serve with the lemon wedges and remaining smokey aioli.

Enjoy!