



Classic Chicken Schnitzel & Mayo

with Radish, Mint & Parmesan Salad

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Radish



Celery



Mint



Panko Breadcrumbs



Aussie Spice Blend



Mixed Salad Leaves



Mayonnaise



Chicken Breast

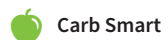


Grated Parmesan Cheese



Pork Schnitzels

Prep in: 20-30 mins
Ready in: 30-40 mins



Carb Smart

Eat Me Early

It's our favourite time of the week again, it's chicken snitty night! Give it up for this golden crumb with a dollop of mayo for dipping. This all-star shines brighter with a serving of lush radish and mint salad.

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

Pantry items

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

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
radish	1	2
celery	1 stalk	2 stalks
mint	1 bag	1 bag
chicken breast	1 packet	1 packet
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
honey*	½ tsp	1 tsp
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
grated Parmesan cheese	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
pork schnitzels**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2359kJ (564Cal)	617kJ (147Cal)
Protein (g)	44.3g	11.6g
Fat, total (g)	26.2g	6.9g
- saturated (g)	6.8g	1.8g
Carbohydrate (g)	33.7g	8.8g
- sugars (g)	5.6g	1.5g
Sodium (mg)	1002mg	262mg
Dietary Fibre (g)	5g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2574kJ (615Cal)	710kJ (170Cal)
Protein (g)	41g	11.3g
Fat, total (g)	33.6g	9.3g
- saturated (g)	9.9g	2.7g
Carbohydrate (g)	33.7g	9.3g
- sugars (g)	5.6g	1.5g
Sodium (mg)	978mg	270mg
Dietary Fibre (g)	5g	1.4g

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 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

2023 | CW07



1



Get prepped

- Thinly slice **radish** and **celery**. Pick and thinly slice **mint** leaves.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.

Little cooks: Help pick the herbs from the stems!

4



Cook the chicken schnitzel

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

TIP: The chicken is cooked when it is no longer pink in the centre.

Custom Recipe: Heat the 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



Prep the crumbing station

- In a shallow bowl, combine the **plain flour** and a pinch of **salt**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, combine **panko breadcrumbs** and **Aussie spice blend**.

Little cooks: Help with cracking and whisking the egg.

5



Make the salad

- Meanwhile, in a large bowl, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Add **mixed salad leaves**, **radish**, **celery**, **grated Parmesan cheese** and **mint** to the dressing and toss to coat.

3



Crumb the chicken

- Coat **chicken** in the **flour mixture**, followed by the **egg** and finally the **panko-spice mixture**. Transfer to a plate.

Custom Recipe: If you've swapped your chicken breast to pork schnitzel, crumb the pork in the same way as above!

6



Serve up

- Divide chicken schnitzels and radish, mint and Parmesan salad between plates.
- Serve with a dollop of **mayonnaise**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate