

Parmesan-Crumbed Chicken Schnitzel

with Pear, Toasted Almonds & Parmesan Salad

Grab your Meal Kit with this symbol



Pear



Cucumber



Panko Breadcrumbs



Grated Parmesan Cheese



Chicken Breast



Flaked Almonds



Mixed Leaves



Garlic Aioli

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 30-40 mins
 Ready in: 40-50 mins

Eat Me Early

Calorie Smart

It's easy to whip up a classic schnitzel at home, and we're going to show you how! Make it a meal with a sweet and savoury salad, studded with pear and almonds, plus some garlic aioli for dipping. Delicious!

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
pear	1	2
cucumber	1 (medium)	1 (large)
salt*	1 tsp	2 tsp
plain flour*	1½ tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 packet	1 packet
grated Parmesan cheese	½ packet (15g)	1 packet (30g)
chicken breast	1 packet	1 packet
flaked almonds	1 packet	2 packets
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
mixed leaves	1 medium bag	1 large bag
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2667kJ (637Cal)	613kJ (147Cal)
Protein (g)	46.2g	10.6g
Fat, total (g)	31.3g	7.2g
- saturated (g)	5.8g	1.3g
Carbohydrate (g)	41.2g	9.5g
- sugars (g)	11g	2.5g
Sodium (mg)	1477mg	340mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Thinly slice **pear**. Thinly slice **cucumber** into half-moons.



Cook the crumbed chicken

Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to medium-high heat with enough **olive oil** to coat base. When oil is hot, cook crumbed **chicken** until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Cook in batches if your pan is getting crowded, adding extra olive oil between batches if needed.

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



Prep the crumb

In a shallow bowl, combine the **salt**, the **plain flour** and a pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **grated Parmesan cheese** (see ingredients).



Make the salad

In a large bowl, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**, then add **mixed leaves**, **pear** and **cucumber**. Toss to coat.



Crumb the chicken

Place **chicken breast** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm thick. Coat each **chicken breast** first in **seasoned flour**, followed by the **egg** and finally the **panko-Parmesan crumb**. Transfer to a plate.



Serve up

Divide Parmesan-crumbed chicken schnitzels and pear salad between plates. Garnish with toasted almonds. Serve with a dollop of **garlic aioli**.

Enjoy!