



Golden Chicken Schnitzel & Tartare Sauce

with Fries & Cucumber Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Tomato



Lemon



Cucumber



Panko Breadcrumbs



Aussie Spice Blend



Mixed Salad Leaves



Tartare Sauce



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

Boost the flavour of a classic chicken schnitzel by adding the Aussie spice to the golden crumb coating. Served with tartare sauce, fries and a crisp salad for a meal nobody can refuse!

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	3	6
tomato	1	2
lemon	½	1
cucumber	1 (medium)	1 (large)
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
mixed salad leaves	1 small bag	1 medium bag
tartare sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2643kJ (632Cal)	426kJ (102Cal)
Protein (g)	46.7g	7.5g
Fat, total (g)	19.4g	3.1g
- saturated (g)	3.4g	0.5g
Carbohydrate (g)	64.8g	10.5g
- sugars (g)	15.8g	2.5g
Sodium (mg)	941mg	152mg

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 fries

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

Little cooks: Kids can help toss the fries.

2



Get prepped

- Meanwhile, roughly chop **tomato**. Slice **lemon** into wedges. Thinly slice **cucumber** into half-moons.

3



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.
- In a shallow bowl, combine the **plain flour** and a generous pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **Aussie spice blend**.
- Coat **chicken** in the **flour mixture**, followed by the **egg** and finally the **panko mixture**. Transfer to a plate.

4



Cook the schnitzel

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

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.

5



Make the salad

- Meanwhile, combine **mixed salad leaves**, **tomato**, **cucumber**, a generous squeeze of **lemon juice** and a drizzle of **olive oil** in a large bowl. Season with **salt** and **pepper**.

6



Serve up

- Slice chicken schnitzel.
- Divide golden chicken schnitzel, fries and cucumber salad between plates.
- Serve with **tartare sauce** and any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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