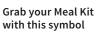


# Quick Crumbed Chicken & Mustard Mayo with Snacking Tomato & Almond Salad

**CUSTOMER FAVOURITE** 

KID FRIENDLY











Panko Breadcrumbs







Mustard Mayo

Flaked Almonds





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

Eat Me Early



It's schnitty night, tonight! Coat juicy chicken breast in our classic panko mix for a crispy golden result, then team it with the best mustard mayo to amp up the flavour. No need to head to the pub for a meal like this!



Olive Oil, Plain Flour, Egg, Honey, Vinegar (White Wine or Balsamic)

# Before you start

Wash your hands and any fresh food.

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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
snacking tomatoes	1 punnet	2 punnets		
chicken breast	1 small packet	2 small packets OR 1 large packet		
plain flour*	2 tbs	1/4 cup		
egg*	1	2		
salt*	1 tsp	2 tsp		
panko breadcrumbs	1 medium packet	1 large packet		
honey*	½ tsp	1 tsp		
vinegar* (white wine or balsamic)	1 tsp	2 tsp		
deluxe salad mix	1 medium bag	1 large bag		
flaked almonds	1 medium packet	1 large packet		
mustard mayo	1 medium packet	2 medium packets		
haloumi**	1 packet	2 packets		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2303kJ (550Cal)	547kJ (131Cal)
Protein (g)	44.2g	10.5g
Fat, total (g)	25.8g	6.1g
- saturated (g)	3.9g	0.9g
Carbohydrate (g)	33.1g	7.9g
- sugars (g)	5.7g	1.4g
Sodium (mg)	1411mg	335mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2702kJ (646Cal)	781kJ (187Cal)
Protein (g)	27.3g	7.9g
Fat, total (g)	43.8g	12.7g
- saturated (g)	16.9g	4.9g
Carbohydrate (g)	34.3g	9.9g
- sugars (g)	6.7g	1.9g
Sodium (mg)	2361mg	682mg

The quantities provided above are averages only.

# **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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







# Get prepped

- Halve snacking tomatoes. Set aside.
- Place chicken breast between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm-thick.

**Custom Recipe:** If you've swapped to haloumi, in a medium bowl, place haloumi and cover with water to soak.



## Cook the chicken

- In a large frying pan, heat enough olive oil to coat the base over medium-high heat. When oil is hot, cook schnitzel, in batches, until golden and cooked through (when no longer pink inside), 2-4 minutes. Transfer to a paper towel-lined plate.
- While the schnitzel is cooking, in a medium bowl, combine the honey, the vinegar and a drizzle of olive oil. Season, then add snacking tomatoes and deluxe salad mix. Toss to combine.

TIP: If needed, add extra oil between batches to stop the schnitzel from sticking!

**Custom Recipe:** Heat pan as above. Cook haloumi until golden brown, 2 minutes each side. Transfer to a paper towel-lined plate. Continue as above.



### Crumb the chicken

- In a shallow bowl, whisk the plain flour, the egg, the salt and a pinch of pepper.
- In a second shallow bowl, add panko breadcrumbs.
- Dip chicken into egg mixture to coat and then into panko breadcrumbs.
  Transfer to a plate.

**Custom Recipe:** Drain haloumi and pat dry. Cut haloumi into 1cm-thick slices. Crumb haloumi as above, set aside on a plate.



# Serve up

- Divide crumbed chicken and tomato salad between plates.
- · Sprinkle flaked almonds over salad.
- · Serve with mustard mayo. Enjoy!

## Rate your recipe