



# Aussie Chicken Schnitzels

with Creamy Rainbow Slaw

Grab your Meal Kit  
with this symbol



Sweet Potato



Spring Onion



Chicken Breast



Slaw Mix



Dijon Mustard



Garlic Aioli



Aussie Spice  
Blend



Panko  
Breadcrumbs



Hands-on: **25-35 mins**  
Ready in: **35-45 mins**



Eat me early

Golden chicken schnitzels get a tasty twist from our sensational Aussie spice blend, which gives that irresistible roast chicken flavour in an instant. Add sweet potato wedges and a crisp and creamy slaw for an easy crowd-pleasing dinner.

## 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
sweet potato	2	4
spring onion	2 stems	4 stems
chicken breast	1 small packet	1 large packet
slaw mix	1 bag (200g)	1 bag (400g)
Dijon mustard	½ tub (7.5g)	1 tub (15g)
garlic aioli	1 packet (100g)	2 packets (200g)
Aussie spice blend	1 sachet	2 sachets
plain flour*	2 tsp	1 tbs
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3790kJ (905Cal)	616kJ (147Cal)
Protein (g)	45.9g	7.5g
Fat, total (g)	52.5g	8.5g
- saturated (g)	6.8g	1.1g
Carbohydrate (g)	58.5g	9.5g
- sugars (g)	19.3g	3.1g
Sodium (mg)	1340mg	218mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the sweet potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until lightly browned, **25-30 minutes**.

**TIP:** Cut the sweet potato to size so it cooks in time.

2



## Get prepped

While the **sweet potato** is roasting, thinly slice the **spring onion**. Place the **chicken breast** between two sheets of baking paper and pound with a meat mallet or rolling pin until 1cm thick.

3



## Make the slaw

In a large bowl, combine the **slaw mix**, **spring onion**, **Dijon mustard** (see ingredients) and 1/2 the **garlic aioli** and toss to coat. Season with **salt** and **pepper**, mix well and set aside.

4



## Crumb the chicken

In a shallow bowl, combine the **Aussie spice blend**, **plain flour**, the **salt** and a pinch of **pepper**. In a second shallow bowl, whisk the **egg** with a fork. In a third shallow bowl, place the **panko breadcrumbs**. Coat each **chicken breast** in the **flour mixture**, followed by the **egg** and finally in the **panko breadcrumbs**. Set aside on a plate.

5



## Cook the chicken

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

**TIP:** Add extra oil between batches if necessary.

6



## Serve up

Divide the Aussie chicken schnitzels, sweet potato wedges and creamy rainbow slaw between plates. Serve with the remaining garlic aioli.

## Enjoy!