



Aussie Chicken Schnitzels

with Creamy Rainbow Slaw

Grab your Meal Kit
with this symbol



Sweet Potato



Spring Onion



Slaw Mix



Dijon Mustard



Garlic Aioli



Chicken Breast



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
slaw mix	1 bag (200g)	1 bag (400g)
Dijon mustard	½ tub	1 tub
garlic aioli	1 packet (100g)	2 packets (200g)
chicken breast	1 small packet	1 large packet
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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3740kJ (894Cal)	618kJ (148Cal)
Protein (g)	44.1g	7.3g
Fat, total (g)	52g	8.6g
- saturated (g)	6.6g	1.1g
Carbohydrate (g)	58.5g	9.7g
- sugars (g)	19.3g	9.7g
Sodium (mg)	1334mg	221mg

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.

1



Roast the sweet potato

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

2



Make the slaw

While the sweet potato is roasting, Thinly slice the **spring onion**. Combine the **slaw mix**, **spring onion**, **Dijon mustard** (see ingredients) and 1/2 the **garlic aioli** in a large bowl. Toss to coat. Season, mix well and set aside.

3



Get prepped

Place the **chicken breast** between two sheets of baking paper and pound with a meat mallet or rolling pin until 1cm thick.

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

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

TIP: Add extra oil between batches if necessary.

6



Serve up

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

Enjoy!