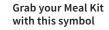


# Aussie-Spiced Chicken Schnitzel

with Sweet Potato Wedges & Herby Dijon Slaw

KID FRIENDLY







Sweet Potato





Panko Breadcrumbs



**Spring Onion** 





Garlic Aioli

Chicken Breast



Dijon Mustard





Prep in: 25-35 mins Ready in: 35-45 mins Golden chicken schnitties get a tasty twist from our Aussie spice blend, which gives that irresistible roast chicken flavour in an instant. Add hand cut sweet potato wedges and a Dijon and aioli-laced 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
chicken breast	1 small packet	1 large packet		
Aussie spice blend	1 medium sachet	1 large sachet		
plain flour*	½ tbs	1 tbs		
salt*	½ tsp	1 tsp		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
spring onion	½ stem	1 stem		
slaw mix	1 small bag	1 large bag		
Dijon mustard	½ packet	1 packet		
garlic aioli	1 large packet	2 large packets		
haloumi**	1 packet	2 packets		

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

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4225kJ (1010Cal)	689kJ (165Cal)
Protein (g)	47g	7.7g
Fat, total (g)	64.9g	10.6g
- saturated (g)	8g	1.3g
Carbohydrate (g)	58.4g	9.5g
- sugars (g)	18.8g	3.1g
Sodium (mg)	1320mg	215mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4617kJ (1103Cal)	858kJ (205Cal)
Protein (g)	30.8g	5.7g
Fat, total (g)	82.4g	15.3g
- saturated (g)	20.7g	3.8g
Carbohydrate (g)	59.6g	11.1g
- sugars (g)	19.7g	3.7g
Sodium (mg)	2266mg	421mg

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.







# Bake the sweet potato wedges

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

TIP: If your oven tray is crowded, divide the wedges between two trays.



# Prep the chicken

· Place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm.

Custom Recipe: If you've swapped to haloumi, cut haloumi into 1cm-thick slices.



#### Crumb the chicken

- In a shallow bowl, combine Aussie spice blend, the plain flour, the salt and a pinch of pepper. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Dip chicken into flour mixture to coat, then into egg, and finally in breadcrumbs. Set aside on a plate.

**Custom Recipe:** Crumb each haloumi slice the same way as above. Set aside on a plate.



# 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 **crumbed chicken**, in batches, until golden and cooked through (when no longer pink inside), 2-4 minutes each side.
- Transfer to a paper towel-lined plate.

TIP: Add extra oil between batches so the schnitzel doesn't stick to the pan!

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



# Make the slaw

- · Meanwhile, thinly slice spring onion.
- In a large bowl, combine **spring onion** (see ingredients), slaw mix, Dijon mustard (see ingredients) and 1/2 the garlic aioli. Toss to coat. Season to taste.

**Little cooks:** Take the lead by tossing the slaw.



# Serve up

- Divide Aussie-spiced chicken schnitzel, sweet potato wedges and herby Dijon slaw between plates.
- Serve with remaining garlic aioli. Enjoy!

**Little cooks**: Add the finishing touch by dolloping over the remaining aioli.

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate