



Aussie-Spiced Chicken Schnitzel

with Sweet Potato Wedges & Herby Dijon Slaw

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Aussie Spice Blend



Panko Breadcrumbs



Spring Onion



Chicken Breast



Slaw Mix



Dijon Mustard



Garlic Aioli



Haloumi

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
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

*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.

We're here to help!

Scan here if you have any questions or concerns



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.



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.



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.



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.



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.



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.

Rate your recipe

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