



# Buffalo Crumbed Chicken Schnitzel

with Bacon-Loaded Sweet Potato Wedges & Ranch Slaw

Grab your Meal Kit  
with this symbol



Sweet Potato



Corn



Aussie Spice Blend



Grated Parmesan Cheese



Spring Onion



Diced Bacon



Chicken Breast



Panko Breadcrumbs



Slaw Mix



Ranch Dressing



BBQ Sauce



Sriracha Sauce



Burger Sauce



Parsley



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



Spicy  
(Sriracha Sauce)



Eat Me Early

We've jazzed up the classic chicken schnitty with all the moreish sides, and of course, all the mandatory sauces.

## 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
corn	1 cob	2 cobs
Aussie spice blend	1 sachet	2 sachets
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
spring onion	2 stems	4 stems
diced bacon	1 packet (90g)	1 packet (180g)
chicken breast	1 small packet	1 large packet
plain flour*	1 tbs	2 tbs
panko breadcrumbs	1 medium packet	1 large packet
egg*	1	2
slaw mix	1 small bag	1 large bag
ranch dressing	1 packet	2 packets
BBQ sauce	1 packet (40g)	2 packets (80g)
sriracha sauce	1 medium packet	1 large packet
burger sauce	1 large packet	1 packet
parsley	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3715kJ (888Cal)	526kJ (126Cal)
Protein (g)	64.9g	9.2g
Fat, total (g)	32.9g	4.7g
- saturated (g)	8.2g	1.2g
Carbohydrate (g)	76.7g	10.9g
- sugars (g)	32.2g	10.9g
Sodium (mg)	1867mg	264mg

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](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



## Bake the wedges & corn

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** into thin wedges. Halve the **corn**. Place the **wedges** and **corn** on a lined oven tray. Sprinkle with the **Aussie spice blend**. Drizzle with **olive oil**, season with **salt**, then toss to coat. Roast until tender, **20-25 minutes**. Remove from the oven, sprinkle with the **grated Parmesan cheese** and bake until golden, **5-8 minutes**.

2



## Get prepped

While the wedges and corn are baking, thinly slice the **spring onion**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **diced bacon** and cook, breaking up with a spoon, until golden, **4-5 minutes**. Transfer to a bowl.

3



## Crumb the chicken

While the bacon is cooking, place the **chicken breast** between 2 sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until an even thickness, about 1cm. In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the **flour mixture**, then into the **egg**, and finally in the **panko breadcrumbs**. Set aside on a plate.

4



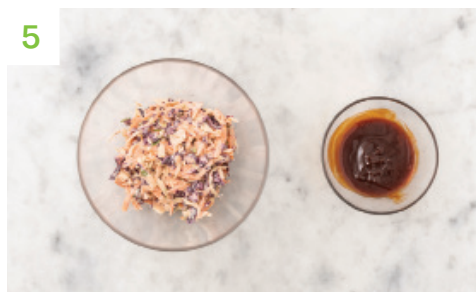
## Cook the chicken

In a large frying pan, add enough **olive oil** to cover the base and heat over a medium-high heat. Cook the **crumbed chicken** in batches, until golden and cooked through, **2-4 minutes** each side.

**TIP:** Add extra oil if needed so the schnitzel does not stick to the pan.

**TIP:** The chicken is cooked through when it's no longer pink inside.

5



## Bring it all together

In a large bowl, combine the **slaw mix**, **spring onion** and **ranch dressing**. In a small bowl, combine the **BBQ sauce** and **sriracha sauce**.

6



## Serve up

Slice the buffalo crumbed chicken schnitzels. Divide the schnitzels, sweet potato wedges, corn and ranch slaw between plates. Load the wedges up with the bacon and the **burger sauce**. Sprinkle with torn **parsley**. Drizzle the BBQ and sriracha sauce mixture over the chicken to serve.

## Enjoy!

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