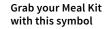


Chicken Schnitzel & Creamy Parsley Mash

with Garlic Veggies & Dill Mayo















Green Beans





Mayonnaise

Carrot



Chicken Breast



Lemon Pepper Spice Blend



Panko Breadcrumbs

Pantry items

Olive Oil, Butter, Milk, 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

Medium saucepan with a lid · Large frying pan.

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
parsley	1 bag	1 bag	
butter*	40g	80g	
milk*	2 tbs	4 tbs	
salt* (for the potato)	1/4 tsp	½ tsp	
garlic	1 clove	2 cloves	
green beans	1 bag (100g)	1 bag (200g)	
carrot	1	2	
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)	
water*	2 tsp	1 tbs	
chicken breast	1 small packet	1 large packet	
plain flour*	1½ tbs	⅓ cup	
lemon pepper spice blend	1 sachet	2 sachets	
salt* (for the crumb)	1 tsp	2 tsp	
egg*	1	2	
panko breadcrumbs	1 packet	2 packets	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3628kJ (867Cal)	572kJ (136Cal)
Protein (g)	53.1g	8.4g
Fat, total (g)	44.5g	7g
- saturated (g)	15g	2.4g
Carbohydrate (g)	60.7g	9.6g
- sugars (g)	11.3g	1.8g
Sodium (mg)	1776mg	280mg

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.



Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Roughly chop the **parsley** leaves. Add the **potato** to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt** (**for the potato**), then mash with a potato masher or fork until smooth. Stir through the **parsley**. Cover to keep warm.



Get prepped

While the potato is cooking, finely chop the **garlic**. Trim the **green beans**. Thinly slice the **carrot** (unpeeled) into half-moons. In a small bowl, combine the **dill & parsley mayonnaise** and the **water**. Set aside.



Crumb the chicken

Place the **chicken breasts** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm thick. In a shallow bowl, combine the **plain flour**, **lemon pepper spice blend** and the **salt (for the crumb)**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip each **chicken** piece into the **flour mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.



Cook the veggies

In a large frying pan heat a drizzle of **olive oil** over a medium-high heat. Add the **green beans**, **carrot** and a splash of **water** and cook, tossing, until tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Season with **salt** and **pepper** and transfer to a bowl.



Cook the schnitzels

Return the frying pan to a high heat and add enough **olive oil** to coat the base. Cook the **chicken schnitzels**, in batches, until golden and cooked through, **2-4 minutes** each side. Transfer the **chicken** to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel doesn't stick to the pan.



Serve up

Divide the parsley mash, chicken schnitzels and the garlic veggies between plates. Drizzle over the **dill** & parsley mayonnaise.

Enjoy!