HELLO FRESH

Chicken Schnitzel & Creamy Parsley Mash
with Garlic Veggies & Dill Mayo

Potato

Parsley

Garlic

Green Beans

Carrot

Dill & Parsley Mayonnaise

Chicken Breast

Lemon Pepper Spice Blend

Panko Breadcrumbs

Hands-on: 35-45 mins
Ready in: 40-50 mins

It's schnitty night, tonight! Coat chicken in our classic lemon pepper blend for a crispy golden result. Then, to amp up the flavour, serve it with the best dill-parsley mayo around town. No need to head to the pub for a meal like this!

Pantry items

Olive Oil, Butter, Milk, Plain Flour, Egg

S4

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

	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)	¼ 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	¼ 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.

1

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.

2

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.

3

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.

4

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.

5

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.*

6

Serve up

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

Enjoy!