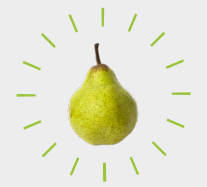




CHICKEN SCHNITZEL & PEAR PARMESAN SALAD

with Garlic Aioli



Use pear to add sweetness to a salad



Cucumber



Pear



Mint (Optional)



Panko Breadcrumbs



Chicken Breast



Mixed Salad Leaves



Shaved Parmesan Cheese



Garlic Aioli

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

Eat me early

Low calorie

All the classic flavours in this German-inspired dish play off against each other in the most delightful way. The sweetness of the honey and pear against sharp Parmesan and crumbed chicken is just lovely!

Pantry Staples: Olive Oil, Plain Flour, Egg, Honey, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



1 GET PREPPED

Slice the **cucumber** into half-moons. Thinly slice the **pear** (see ingredients list) into wedges. Pick and thinly slice the **mint** leaves (if using).



2 SET UP A CRUMBING STATION

In a shallow bowl, combine the **salt**, **plain flour** and a **good pinch of pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**.



3 CRUMB THE CHICKEN

Place the **chicken breast** 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, then cut in half. Dip the **chicken** into the seasoned **flour**, then into the **egg** and finally into the **panko breadcrumbs**. Set aside on a plate.



4 COOK THE CHICKEN

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, add **1/2 the crumbed chicken** and cook until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the **remaining crumbed chicken**. **TIP:** Add extra oil between batches if necessary.



5 MAKE THE SALAD

In a medium bowl, combine the **honey**, **vinegar** and **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**). Add the **mixed salad leaves**, **cucumber**, **pear**, **shaved Parmesan cheese** and **mint** (if using) to the dressing. Toss to coat. **TIP:** Toss the salad just before serving to keep the leaves crisp.



6 SERVE UP

Divide the chicken schnitzels and crunchy pear, mint and Parmesan salad between plates. Serve with the **garlic aioli**.

TIP: For the low-calorie option, omit the garlic aioli.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cucumber	1	2
pear	½	1
mint (optional)	1 bunch	1 bunch
salt*	1 tsp	2 tsp
plain flour*	2 tbs	4 tbs
egg*	1	2
panko breadcrumbs	1 packet	2 packets
chicken breast	1 packet	1 packet
honey*	1 tsp	2 tsp
vinegar* (white wine or red wine)	3 tsp	1 ½ tbs
mixed salad leaves	1 bag (60g)	1 bag (120g)
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (547Cal)	526kJ (126Cal)
Protein (g)	52.5g	12.1g
Fat, total (g)	15.8g	3.6g
- saturated (g)	6.6g	1.5g
Carbohydrate (g)	41.6g	9.6g
- sugars (g)	8.3g	1.9g
Sodium (g)	1340mg	309mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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2020 | WK09

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