



Classic Aussie Chicken Schnitzel

with Pear, Mint & Parmesan Salad

Grab your Meal Kit with this symbol



Pear



Mint



Cucumber



Lemon



Aussie Spice Blend



Panko Breadcrumbs



Chicken Breast



Flaked Almonds



Mixed Salad Leaves



Shaved Parmesan Cheese



Garlic Aioli

Hands-on: 20-30 mins
Ready in: 30-40 mins

Eat me early

There's a lot to love in this classic Aussie meal - from the super crunchy chicken coating, to the juicy pear and sharp Parmesan in the salad, it's going to knock your socks off!

Pantry items

Olive Oil, Plain Flour, Egg, Honey, Vinegar (White Wine or Red Wine)

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pear	1	2
mint	1 bunch	1 bunch
cucumber	1	2
lemon	½	1
plain flour*	½ tsp	1 tsp
Aussie spice blend	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 packet	2 packets
chicken breast	1 small packet	1 large packet
flaked almonds	1 packet	2 packets
honey*	½ tsp	1 tsp
vinegar* (white wine or red wine)	1½ tsp	3 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
shaved Parmesan cheese	1 packet	2 packets
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2969kJ (709Cal)	621kJ (148Cal)
Protein (g)	47.2g	9.9g
Fat, total (g)	41.7g	8.7g
- saturated (g)	8.5g	1.8g
Carbohydrate (g)	33.5g	7g
- sugars (g)	11.6g	2.4g
Sodium (mg)	1339mg	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.



Get prepped

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



Cook the schnitzel

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the **crumbed chicken** until golden and cooked through, **3-4 minutes** on each side (cook in batches if your pan is getting crowded). Transfer to a plate lined with paper towel.

TIP: The chicken is cooked through when it's no longer pink in the centre.



Prepare the crumb

In a shallow bowl, combine the **plain flour** and **Aussie spice blend**. Season with **salt** and **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**.



Make the salad

In a large bowl, combine the **honey**, **vinegar** and **olive oil** (2 tsp for 2 people / 1 tbs for 4 people). Season to taste. Add the **mixed salad leaves**, **pear**, **cucumber**, **shaved Parmesan cheese** and **mint** and toss to coat.



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. Dip each **chicken breast** into the **flour mixture**, followed by the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.



Serve up

Divide the chicken schnitzels and the pear, mint and Parmesan salad between plates. Sprinkle over the flaked almonds and serve with **garlic aioli** and lemon wedges.

Enjoy!