



Dukkah-Crusted Chicken Schnitzels

with Roast Veggie Toss

Grab your Meal Kit with this symbol



Potato



Capsicum



Red Onion



Carrot



Chicken Breast



Panko Breadcrumbs



Dukkah



Baby Spinach Leaves



Dill & Parsley Mayonnaise

Hands-on: **30-40 mins**
Ready in: **45-55 mins**

Welcome to schnitty night with a dukkah twist! Here, we add the tasty mix of seeds and spices to panko breadcrumbs to create a super crunchy coating for chicken schnitzels. Served with roasted veggies and dill and parsley mayo, it's a meal to remember.

Pantry items

Olive Oil, Honey, 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

Two oven trays lined with baking paper ·
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
capsicum	1	2
red onion	½	1
carrot	1	2
honey*	½ tsp	1 tsp
chicken breast	1 small packet	1 large packet
plain flour*	1½ tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 packet	2 packets
dukkah	1 sachet	2 sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3499kJ (836Cal)	475kJ (113Cal)
Protein (g)	57.3g	7.8g
Fat, total (g)	33.5g	4.6g
- saturated (g)	4.6g	0.6g
Carbohydrate (g)	71.6g	9.7g
- sugars (g)	16.8g	2.3g
Sodium (mg)	779mg	106mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Cut the **capsicum** into 1cm strips. Slice the **red onion** (see **ingredients list**) into 2cm wedges. Cut the **carrot** (unpeeled) into 1cm rounds.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2. Roast the veggies

Place the **potato**, **capsicum** and **onion** on an oven tray lined with baking paper. Combine the **carrot** and **honey** on a second oven tray lined with baking paper. **Drizzle** the **veggies** with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast both trays until tender, **25-30 minutes**.



3. Crumb the chicken

While the veggies are roasting, 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. In a shallow bowl, combine the **plain flour** and a **good pinch** of **salt** and **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** and **dukkah**. Dip the **chicken schnitzels** into the **flour mixture**, followed by the **egg** and finally in the **panko mixture**. Transfer to a plate.



4. Cook the chicken

Heat enough **olive oil** to coat the base of a large frying pan over a high heat. When the oil is hot, add the **crumbed chicken breast** and fry until golden on the outside and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: If your pan is getting crowded, cook in batches for the best results, adding more oil as needed.



5. Finish the roast veggie toss

Place the **roasted veggies** and **baby spinach leaves** in a large bowl. Toss to combine and season to taste.



6. Serve up

Divide the dukkah-crusted chicken schnitzels and roast veggie toss between plates. Serve with the **dill & parsley mayonnaise**.

Enjoy!