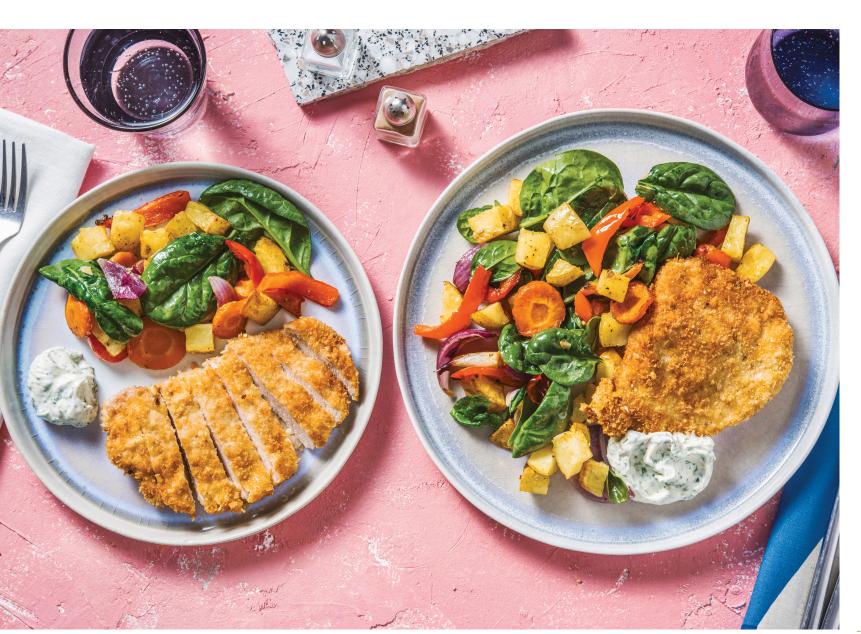


# **Dukkah-Crusted Chicken Schnitzels**

with Roast Veggie Toss

**Grab your Meal Kit** with this symbol











Potato







Chicken Breast





Breadcrumbs





**Baby Spinach** Leaves



Dill & Parsley Mayonnaise

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

mg.caiciits		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
capsicum	1	2
red onion	1/2	1
carrot	1	2
honey*	½ tsp	1 tsp
chicken breast	1 small packet	1 large packet
plain flour*	1½ tbs	⅓ cup
egg*	1	2
panko breadcrumbs	1 packet	2 packets
dukkah	1 sachet	2 sachets
baby spinach leaves	<b>1 bag</b> (30g)	<b>1 bag</b> (60g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

<sup>\*</sup>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 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!**