



GOLDEN CHICKEN SCHNITZEL

with Roasted Potatoes, Broccoli & Creamy Honey Dijon Sauce

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



1 TBSP | 2 TBSP
Fry Seasoning



1 | 1
Lemon



½ Cup | 1 Cup
Panko
Breadcrumbs
Contains: Wheat



1 tsp | 2 tsp
Garlic Powder



10 oz | 20 oz
Chicken Cutlets



8 oz | 16 oz
Broccoli



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1.5 oz | 3 oz
Honey Dijon
Dressing
Contains: Eggs



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP
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*The ingredient you received may be a different color.

HELLO

SCHNITZEL

Tender chicken cutlets are crusted in crispy panko, then fried until golden brown.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 810



PLACE HOLDER

Find that your plastic wrap is moving around while you pound the chicken in step 3? Try sprinkling a little water on your work surface before placing the plastic wrap and chicken on it—this will help everything stay in place!

BUST OUT

- Baking sheet
- Zester
- Paper towels
- Plastic wrap
- Mallet
- 2 small bowls
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp + more for frying)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 ROAST POTATOES

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges. Cut **broccoli** into bite-size pieces if necessary.
- Toss potatoes on one side of a baking sheet with a **drizzle of oil, Fry Seasoning, salt, and pepper** (for 4, spread potatoes out across entire sheet).
- Roast on top rack for 5 minutes (**you'll add more to the sheet then**).



2 ROAST BROCCOLI

- Once **potatoes** have roasted 5 minutes, remove sheet from oven. Carefully toss **broccoli** on empty side with a **drizzle of oil, salt, and pepper**. Return to top rack until veggies are browned and tender, 15-20 minutes more. (**For 4 servings, leave potatoes roasting and toss broccoli on a second sheet; roast on middle rack.**)



3 PREP & POUND CHICKEN

- Meanwhile, zest and quarter **lemon**.
- In a shallow dish, combine **panko, lemon zest, and garlic powder**. Season with **salt** (we used 1 tsp; 2 tsp for 4 servings) and **pepper**; set aside.
- Pat **chicken*** dry with paper towels; place between 2 large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick. Season all over with **salt and pepper**. **TIP: If your cutlets are already ½ inch thick, skip the pounding.**



4 COAT & COOK CHICKEN

- Place **1 TBSP butter** (2 TBSP for 4 servings) in a small microwave-safe bowl; microwave until melted, 10-20 seconds. Stir in **half the sour cream** until combined (**you'll use the rest later**).
- Brush **chicken** all over with **sour cream mixture**. Working one piece at a time, press chicken into **panko mixture** to coat on both sides.
- Heat a **½-inch layer of oil** in a large, heavy-bottomed pan over medium-high heat. Once oil is shimmering and hot enough that a **pinch of panko mixture** sizzles when added to the pan, add chicken and cook until crust is golden brown and chicken is cooked through, 3-5 minutes per side. Transfer to a paper-towel-lined plate.



5 MAKE SAUCE

- While chicken cooks, in a second small bowl, combine **honey Dijon dressing** with **remaining sour cream**.



6 SERVE

- Divide **chicken, potatoes, and broccoli** between plates. Spoon **creamy honey Dijon sauce** over chicken or serve on the side for dipping. Serve **lemon wedges** on the side.

*Chicken is fully cooked when internal temperature reaches 165°.