



Golden Crumbed Chicken Schnitzels

with Kumara Wedges & Creamy Rainbow Slaw

Grab your Meal Kit with this symbol



Kumara



Chives



Lemon



Chicken Breast



Slaw Mix



Garlic Aioli



Aussie Spice Blend



Panko Breadcrumbs

Hands-on: 30-40 mins
Ready in: 40-50 mins

Eat me early

Golden crusted chicken schnitzels get a boost of flavour with a moreish spice blend! Serve up a side of kumara wedges plus a crisp and colourful slaw for a bright and tasty dinner that brings fun and flavour to the table.

Pantry items

Olive Oil, 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

Oven tray lined with baking paper
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
chives	1 bunch	1 bunch
lemon	½	1
chicken breast	1 packet	1 packet
slaw mix	1 bag (200g)	1 bag (400g)
garlic aioli	1 packet (100g)	2 packets (200g)
Aussie spice blend	1 sachet	2 sachets
plain flour*	2 tsp	4 tsp
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3360kJ (804Cal)	571kJ (136Cal)
Protein (g)	47.2g	8.0g
Fat, total (g)	39.4g	6.7g
- saturated (g)	6.0g	1.0g
Carbohydrate (g)	61.9g	10.5g
- sugars (g)	21.8g	3.7g
Sodium (mg)	1260mg	214mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the kumara wedges

Preheat the oven to **240°C/220°C fan-forced**. Slice the **kumara** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper.

Drizzle with **olive oil**, season with a **pinch of salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

TIP: Cut the kumara to the correct size so it cooks in the allocated time.



2. Get prepped

While the wedges are roasting, finely chop the **chives**. Slice the **lemon** (see ingredients list) into wedges. Place the **chicken breast** between two sheets of baking paper and pound with a meat mallet or rolling pin, until 1cm thick.



3. Make the salad

In a large bowl, combine the **slaw mix**, **chives** and **1/2** the **garlic aioli** and toss to coat. Season with a **pinch of salt** and **pepper**, mix well and set aside.



4. Crumb the chicken

In a shallow bowl, combine the **Aussie spice blend**, **plain flour**, the **salt** and a **pinch of pepper**. In a second shallow bowl, whisk the **egg** with a fork. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** into the **flour mixture**, followed by the **egg** and finally into the **panko breadcrumbs**. Set aside on a plate.



5. Cook the chicken

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

TIP: Add extra oil between batches if necessary.

TIP: Chicken is cooked through when it's no longer pink inside.



6. Serve up

Divide the chicken schnitzels, kumara wedges and creamy rainbow slaw between plates. Serve with the lemon wedges and remaining garlic aioli.

Enjoy!