



# Chicken Schnitzel & Pear-Parmesan Salad

with Garlic Aioli

Grab your Meal Kit with this symbol



Cucumber



Pear



Mint



Panko Breadcrumbs



Chicken Breast



Mixed Salad Leaves



Grated Parmesan Cheese



Garlic Aioli

 Hands-on: **25-35 mins**  
 Ready in: **30-40 mins**

 Eat me early

It's easy to whip up a classic schnitzel at home, and we're going to show you how! Then, make it a meal with a sweet and savoury salad, studded with pear and Parmesan cheese, plus some garlic aioli for dipping. Delicious!

## 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
cucumber	1 (medium)	1 (large)
pear	½	1
mint	1 bunch	1 bunch
salt*	1 tsp	2 tsp
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 packet	1 packet
chicken breast	1 packet	1 packet
honey*	1 tsp	2 tsp
vinegar* (white wine or red wine)	1 tbs	2 tbs
mixed salad leaves	1 bag (60g)	1 bag (120g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2541kJ (607Cal)	614kJ (146Cal)
Protein (g)	50.4g	12.2g
Fat, total (g)	28.4g	6.9g
- saturated (g)	6.3g	1.5g
Carbohydrate (g)	36.1g	8.7g
- sugars (g)	8.8g	2.1g
Sodium (mg)	1592mg	385mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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 **cucumber** into half-moons. Thinly slice the **pear** (see ingredients) into wedges. Pick and thinly slice the **mint** leaves.



## Prep the crumbing station

In a shallow bowl, combine the **salt** and **plain flour**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**.



## Crumb the chicken

Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm thick. Dip the **chicken** into the seasoned **flour**, followed by the **egg**, and finally into the **panko breadcrumbs**. Transfer to a plate.



## 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, cook the crumbed **chicken**, in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel.

**TIP:** Add extra oil between batches, if needed, so the chicken doesn't stick to the pan.



## Make the salad

In a medium bowl, combine the **honey**, **vinegar** and a drizzle of **olive oil**. Add the **mixed salad leaves**, **cucumber**, **pear**, **grated Parmesan cheese** and **mint**. Toss to coat.



## Serve up

Divide the chicken schnitzel and pear-Parmesan salad between plates. Serve with the **garlic aioli**.

Enjoy!