



TRADITIONAL CHICKEN SCHNITZEL

with Rainbow Cherry Tomato Salad & Lemon-Butter Sauce



Make a lemon-butter sauce



Pita Pockets



Lemon



Cucumber



Heirloom Cherry Tomatoes



Chicken Breast



Panko Breadcrumbs



Slivered Almonds



Chicken Stock



Mixed Salad Leaves

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

Eat me early

There's nothing quite like the golden crust of a good old-fashioned chicken schnitzel to cheer you up – that's just simple science. And as for condiments? We think our lemon butter sauce for the adults might just make for an unbeatable combination.

Pantry Staples: Olive Oil, Plain Flour, Eggs, Butter, Honey, Vinegar (White Wine Or Balsamic)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Slice the **pita pockets** into 2cm squares. Spread the pita squares across two oven trays lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Spread in a single layer. Bake for **5 minutes** or until toasted. Set aside. While the pita is baking, cut the **lemon** in half. Thinly slice the **cucumber** into half-moons. Slice the **heirloom cherry tomatoes** in half.



4 MAKE THE LEMON SAUCE

TIP: If you don't want the sauce, just serve with lemon wedges! Wash out the frying pan and return to a medium-high heat. Add the **butter** and stir until melted. Crumble in **1 chicken stock** cube and add the **water**, **1/2 tsp honey** and a **good squeeze** of **lemon juice**. **TIP:** Add more or less lemon juice, according to your taste. Whisk together and simmer, stirring, for **2 minutes** or until well combined and slightly reduced. Slice any remaining lemon into wedges.



2 CRUMB THE CHICKEN

Place the **chicken breasts** 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**, the **salt** and a **pinch** of **pepper**. In a second shallow bowl, whisk the **eggs**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the chicken breast into the flour mix, followed by the egg and finally in the breadcrumbs. Set aside on a plate.



5 MAKE THE SALAD

In a medium bowl, add the **vinegar**, **1 tsp honey** and **2 tbs** of **olive oil**. Season to taste with **salt** and **pepper**. Add the **heirloom cherry tomatoes**, **cucumber**, **mixed salad leaves** and **pita crisps**. **TIP:** Toss the salad just before serving to keep the leaves and pita bread crisp.



3 COOK THE SCHNITZEL

Heat a large frying pan over a medium-high heat. Toast the **slivered almonds** for **3-4 minutes**, or until golden. Transfer to a plate. Return the frying pan to a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, add **1/2** the **schnitzels** and cook for **2-4 minutes** on each side, or until golden and cooked through. Transfer to a plate lined with paper towel. Repeat with the remaining chicken. **TIP:** Add extra oil as needed to stop the schnitzel from sticking.



6 SERVE UP

Divide the chicken schnitzel and rainbow cherry tomato salad between plates. Sprinkle with the toasted slivered almonds and serve any lemon wedges on the side. Spoon the lemon-butter sauce over the adult portions. **TIP:** If the kids like lemon, drizzle a little over their portions too!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
pita pockets	4
lemon	1
cucumber	1
heirloom cherry tomatoes	1 punnet
chicken breast	1 packet
plain flour*	1/2 cup
salt*	2 tsp
eggs*	2
panko breadcrumbs	2 packets
slivered almonds	1 packet
butter*	40 g
chicken stock	1 cube
water*	1/4 cup
honey*	1 1/2 tsp
vinegar* (white wine or balsamic)	4 tsp
mixed salad leaves	1 bag (90 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3220kJ (770Cal)	736kJ (176Cal)
Protein (g)	52.2g	11.9g
Fat, total (g)	36.5g	8.3g
- saturated (g)	11.1g	2.5g
Carbohydrate (g)	54.6g	12.5g
- sugars (g)	4.8g	1.1g
Sodium (g)	801mg	183mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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