



More than Food

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Chicken Schnitzel Sandwiches with Gruyère and Tangy Red Cabbage Slaw

Wiener Schnitzel, Vienna's beloved national dish, is traditionally made with breaded and fried veal cutlets. In our version, we're butterflying chicken breasts before lightly dredging them in flour for a lighter preparation. Served under a blanket of gooey Gruyère and tangy cabbage, this sandwich is more than dinner-worthy.



30 min



level 2



nut free



Chicken Breasts



Gruyère



Flour



Mayonnaise



Red Cabbage,
shredded



Shallot



Cayenne




Pumpernickel Bread



Red Wine Vinegar

Ingredients

		2 People	4 People
Chicken Breasts		12 oz	24 oz
Gruyère	1)	2 oz	4 oz
Flour	2)	6 T	12 T
Mayonnaise	3)	2 T	4 T
Red Cabbage, shredded		4 oz	8 oz
Shallot		1	2
Cayenne 		¼ t	½ t
Pumpernickel Bread	2) 4)	4 slices	8 slices
Red Wine Vinegar		2 T	4 T
Oil*		1 T + 1 t	2 T + 2 t

*Not Included

Allergens

- 1) Milk
- 2) Wheat
- 3) Eggs
- 4) Soy

Tools

Large Pan, Large Bowl, Baking Sheet, Shallow Dish

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 796 cal | Carbs: 63 g | Fat: 35 g | Protein: 56 g | Fiber: 7 g | Sodium: 618 mg

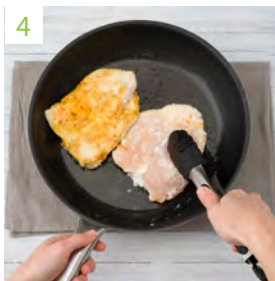
Make sure to wash and dry produce before prepping or cooking!



1 Make the cabbage slaw: Preheat the oven to 400 degrees. Halve, peel, and thinly slice the **shallot**. In a large bowl, toss together the **cabbage, shallot, red wine vinegar**, and a drizzle of **olive oil**. Season with **salt** and **pepper**.



2 Butterfly the chicken breasts: Place your hand on top of one **chicken breast**, then slice into the center of the meat, parallel to the cutting board, until almost sliced through. Open up the chicken breast like a book. Repeat on the other chicken breast. Rub or brush the chicken on all sides with **1 Tablespoon mayonnaise** total. Season the chicken on all sides with **salt** and **pepper**.



3 Dredge the chicken: Place the **flour** in a shallow dish and season with **salt, pepper**, and **cayenne**, to taste (we used about ¼ teaspoon). Working one at a time, place the **chicken breasts** into the **flour mixture** and flip to coat thoroughly. Repeat on the other chicken breast.



4 Cook the chicken: Heat a ¼-inch layer of **oil** in a large pan over medium-high heat. Once hot, add the **chicken** to the pan and cook for 3-4 minutes per side, until dark golden brown and cooked through. You may need to work in batches, depending on the size of your pan. Remove the chicken from the pan and let rest for 3-5 minutes.

5 Toast the bread: Place the **bread** on a baking sheet and place in the oven to toast for 3-5 minutes. During the last 2 minutes, place the **Gruyère cheese** over two of the slices to melt.

6 Assemble the sandwiches: Spread the toasts without cheese with the **remaining mayonnaise**. Top with the **chicken**, a bit of the **slaw**, and the other **toast**. Slice the **sandwiches** in half and serve alongside the **remaining slaw**. Enjoy!