



Chicken Schnitzel

with Garlic Potatoes and Spring Salad

Family Friendly 40 Minutes



Chicken Breasts



Yellow Potato



Italian Breadcrumbs



Mayonnaise



Spring Mix



Red Wine Vinegar



Garlic, cloves



Horseradish



Mini Cucumber



Dijon Mustard

HELLO SCHNITZEL

A schnitzel is a thin slice of meat that is breaded before frying!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, medium bowl, measuring spoons, plastic wrap, rolling pin, shallow dish, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Yellow Potato	360 g	720 g
Italian Breadcrumbs	4 tbsp	8 tbsp
Mayonnaise	4 tbsp	8 tbsp
Spring Mix	56 g	113 g
Red Wine Vinegar	1 tbsp	2 tbsp
Garlic, cloves	1	2
Horseradish	1 tbsp	2 tbsp
Mini Cucumber	66 g	132 g
Dijon Mustard	1 tbsp	2 tbsp
Unsalted Butter*	½ tbsp	1 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Roast potatoes

- Quarter **potatoes**.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven, tossing halfway through, until golden-brown, 25-28 min.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** For 4 ppl, cook in batches, using 1 tbsp oil per batch.) Pan-fry until golden-brown, 2-3 min per side.
- Remove the pan from heat. Transfer **chicken** to another parchment-lined baking sheet.
- Bake in the **middle** of the oven until **chicken** is cooked through, 8-14 min.**
- Carefully wipe the pan clean.



Prep chicken

- Meanwhile, pat **chicken** dry with paper towels.
- Cover **each chicken breast** with plastic wrap.
- Using a mallet, rolling pin or heavy-bottomed pan, pound **each chicken breast** until ½-inch thick.
- Season with **salt** and **pepper**.



Prep salad

- Peel, then mince or grate **garlic**.
- Cut **cucumber** into ¼-inch rounds.
- Add **vinegar**, **half the Dijon**, **1 tbsp oil** and **¼ tsp sugar** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cucumbers**, then toss to coat. Set aside.



Coat chicken

- Add **breadcrumbs** to a shallow dish.
- Coat **chicken** all over with **half the mayo**.
- Working with **one chicken breast** at a time, press both sides into **breadcrumbs** to coat completely.



Finish and serve

- Add **potatoes**, **¼ tsp garlic** and **½ tbsp butter** (dbl both for 4 ppl) to a medium bowl. Toss gently until **butter** melts and **potatoes** are coated. Set aside.
- Combine **horseradish**, **remaining Dijon** and **remaining mayo** in a small bowl.
- Add **spring mix** to the large bowl with **cucumbers** and **dressing**. Toss to combine.
- Divide **garlic potatoes**, **salad** and **chicken schnitzel** between plates.
- Spoon **horseradish sauce** over **chicken**.

Dinner Solved!