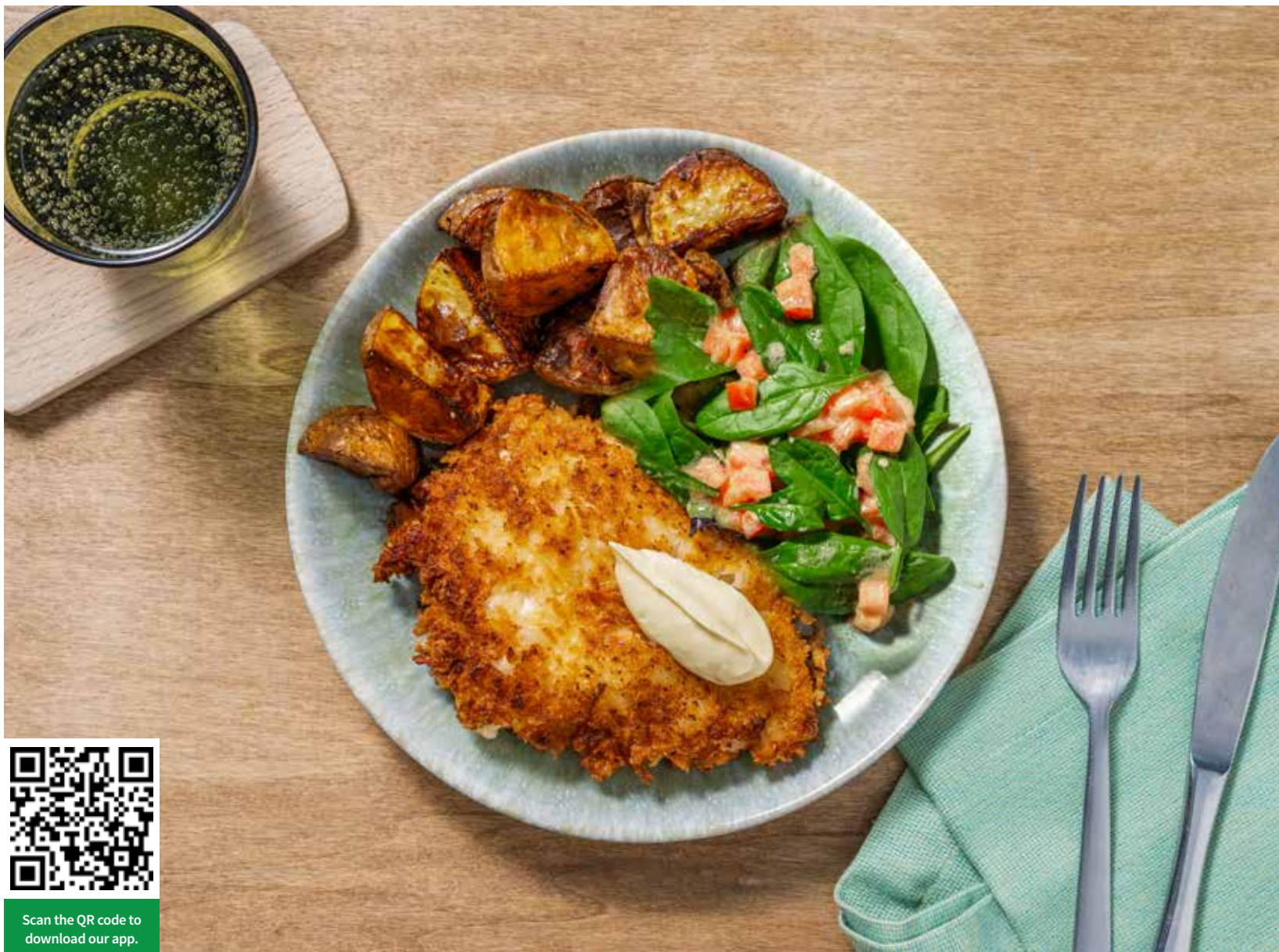




Chicken Schnitzel

with Garlic Potatoes and Salad

40 Minutes



Chicken Breasts



Yellow Potato



Mayonnaise



Baby Spinach



Red Wine Vinegar



Garlic, cloves



Creamy Horseradish
Sauce



Roma Tomato



Dijon Mustard



Italian Breadcrumbs



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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
Mayonnaise	4 tbsp	8 tbsp
Baby Spinach	56 g	113 g
Red Wine Vinegar	1 tbsp	2 tbsp
Garlic, cloves	1	2
Creamy Horseradish Sauce	1 tbsp	2 tbsp
Roma Tomato	80 g	160 g
Dijon Mustard	1 tbsp	2 tbsp
Italian Breadcrumbs	¾ cup	1 ½ cups
Unsalted Butter*	½ tbsp	1 tbsp
Sugar*	½ tsp	1 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.

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1



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 and tender, 25-28 min.

4



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.
- Roast in the **middle** of the oven until **chicken** is cooked through, 8-14 min. **

2



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**.

5



Prep salad

- Meanwhile, peel, then mince or grate **garlic**.
- Cut **tomato** into ¼-inch pieces.
- Add **vinegar**, **half the Dijon**, **1 tbsp oil** and **½ tsp sugar** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes**, then toss to coat. Set aside.

3



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.

6



Finish and serve

- Add **potatoes**, **⅓ tsp garlic** and **½ tsp butter** (dbl both for 4 ppl) to a medium bowl. Toss gently until **butter** melts and coats **potatoes**. Set aside.
- Combine **creamy horseradish sauce**, **remaining Dijon** and **remaining mayo** in a small bowl.
- Add **spinach** to the large bowl with **tomatoes and dressing**. Toss to combine.
- Divide **potatoes**, **salad** and **chicken** between plates.
- Spoon **horseradish sauce** over **chicken**.

Dinner Solved!