

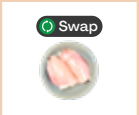


# Chicken Schnitzel

## with Garlic Potatoes and Salad

Family Friendly

35-45 Minutes



Chicken Thighs  
280 g | 560 g

Customized Protein **+** Add **↻** Swap or **\*2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chicken Breasts  
2 | 4



Yellow Potato  
350 g | 700 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  
1 tbsp | 2 tbsp



Tomato  
1 | 2



Dijon Mustard  
1 tbsp | 2 tbsp



Italian Breadcrumbs  
3/4 cup | 1 1/2 cups

**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.

**Pantry items** | Unsalted butter, oil, salt, pepper, sugar

**Cooking utensils** | 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

1



## Roast potatoes

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

- Quarter **potatoes**.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** 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 the pan is 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 cooked through, 8-14 min.\*\*

2



## Prep chicken

[Swap](#) | [Chicken Thighs](#)

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

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.

5



## Prep salad

- Meanwhile, peel, then mince or grate **garlic**.
- Cut **tomato** into ¼-inch pieces.
- Add **vinegar**, **half the Dijon**, **1 tbsp** (2 tbsp) **oil** and **½ tsp** (1 tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes**, then toss to coat. Set aside.

6



## Finish and serve

- Add **potatoes**, **⅛ tsp** (¼ tsp) **garlic** and **½ tbsp** (1 tbsp) **butter** to a medium bowl. Toss gently until **butter** melts and coats **potatoes**. Set aside.
- Combine **horseradish**, **remaining Dijon** and **remaining mayo** in a small bowl.
- Add **spinach** to the large bowl with **tomatoes** and **dressing**. Toss to combine.
- Divide **garlic potatoes**, **salad** and **chicken schnitzel** between plates.
- Spoon **horseradish sauce** over **chicken**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Prep chicken thighs

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, prepare, cook and plate them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.

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

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



Issue with your meal? Scan the QR code to share your feedback.