



Chicken Schnitzel Plates

with Dill-Garlic Smashed Potatoes and Apple Slaw

Family Friendly

30 - 40 Minutes



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Chicken Breasts



Chicken Thighs



Mayonnaise



Panko Breadcrumbs



Russet Potato



Dill



Garlic Salt



Coleslaw Cabbage
Mix



Gala Apple



Dijon Mustard



White Wine Vinegar

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO DILL

This delicate herb comes from the same family as parsley and celery!

Start here

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

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Dill Guide for Step 5:

- Mild: 1 tsp (2 tsp)
- Dilly: 2 tsp (4 tsp)
- Extra-Dilly: 1 tbsp (2 tbsp)

Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, shallow dish, box grater, large bowl, parchment paper, large pot, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|----------------------|----------|----------|
| Chicken Breasts* | 2 | 4 |
| Chicken Thighs* | 280 g | 560 g |
| Mayonnaise | 4 tbsp | 8 tbsp |
| Panko Breadcrumbs | ½ cup | 1 cup |
| Russet Potato | 2 | 4 |
| Dill | 7 g | 7 g |
| Garlic Salt | 1 tsp | 2 tsp |
| Coleslaw Cabbage Mix | 170 g | 340 g |
| Gala Apple | 1 | 2 |
| Dijon Mustard | 1 tbsp | 2 tbsp |
| White Wine Vinegar | ½ tbsp | 1 tbsp |
| Unsalted Butter* | 2 tbsp | 4 tbsp |
| Sugar* | 1 tsp | 2 tsp |
| Milk* | 3 tbsp | 6 tbsp |
| 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.

1



Cook potatoes

- Peel, then cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered, until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.

4



Make apple slaw

- While **chicken** bakes, combine **remaining mayo**, **Dijon**, **half the vinegar** (use all for 4 ppl) and **1 tsp** (2 tsp) **sugar** in a large bowl.
- Core, then grate **apple**.
- Add **coleslaw cabbage mix** and **grated apple** to the large bowl with **dressing**. Season with **salt** and **pepper**, then toss to combine.

2



Prep chicken

- While **potatoes** cook, pat **chicken** dry with paper towels. Carefully slice into the **centre of each chicken breast**, parallel to the cutting board, leaving ½ inch intact on the other end.
- Open up **chicken** like a book. Season both sides with **half the garlic salt** and **pepper**.
- Add **panko** to a shallow dish. Coat **chicken** all over with **half the mayo**. Working with **one chicken breast** at a time, press **both sides** into **panko** to coat completely.

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**, disregarding instructions to slice into the centre of **each piece of chicken**.

5



Finish potatoes

- Roughly chop **dill**, then add to **potatoes**. (**NOTE:** Reference dill guide.)
- Roughly mash **2 tbsp** (4 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!)
- Season with **remaining garlic salt** and **pepper**, then stir to combine.

3



Cook chicken

- Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **chicken**.
- Pan-fry until golden-brown, 2-3 min per side. (**NOTE:** For 4 ppl, cook in 2 batches, using **1 tbsp oil** per batch.)
- Remove from heat, then transfer **chicken** to a parchment-lined baking sheet.
- Bake in the **middle** of the oven, until cooked through, 12-14 min.**

6



Finish and serve

- Divide **dill-garlic smashed potatoes**, **apple slaw** and **chicken schnitzel** between plates.

Dinner Solved!



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