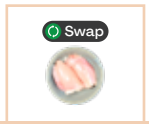




Chicken Schnitzel Plates

with Dill-Garlic Smashed Potatoes and Apple Slaw

Family Friendly 35 Minutes



Chicken Thighs ⁺
280 g | 560 g

↗ Custom Recipe **+** 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



Mayonnaise
2 tbsp | 4 tbsp



Panko Breadcrumbs
½ cup | 1 cup



Russet Potato
3 | 6



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



Cream
56 ml | 113 ml

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 | 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

1



Cook potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Dill Guide for Step 5:
 - Mild: 1 tsp (2 tsp)
 - Dilly: 2 tsp (4 tsp)
 - Extra-dilly: 1 tbsp (2 tbsp)

- 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

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

- 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.

5



Finish potatoes

- Roughly chop **dill**, then add to **potatoes**. (**NOTE:** Reference dill guide.)
- Roughly mash **2 tbsp (4 tbsp) butter** and **cream** 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

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

- 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.

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**, pat dry with paper towels. Place on a cutting board and cover with plastic wrap. Using a rolling pin or heavy-bottomed pan, pound **each thigh** until ½-inch thick. Prepare them in the same way the recipe instructs you to prepare the **chicken breasts**.

3 | Cook chicken thighs

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

When the pan is hot, add **1 tbsp oil**, then **chicken thighs**. Pan-fry until golden-brown, 1-2 min per side. (**NOTE:** For 4 ppl, cook in 2 batches, using 1 tbsp oil per batch.) Remove from heat, then transfer to a parchment-lined baking sheet. Bake in the **middle** of the oven, until cooked through, 10-12 min.

** 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.



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