



CHICKEN SCHNITZEL PRETZEL BUNS

with Gruyère and Tangy Red Cabbage Slaw



HELLO SCHNITZEL

A thin cutlet of meat coated with breadcrumbs and pan-fried to crispy perfection

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 1007



Chicken Breast



Shallot



Red Wine Vinegar



Carrot-Red Cabbage Slaw



Caraway Seeds



Vegetable Broth Concentrate



Panko



Mayonnaise



Pretzel Bun



Gruyère Cheese, shredded



Green Onion



Whole-Grain Mustard

BUST OUT

- Measuring Spoons
- Large Non-Stick Pan
- Medium Pan
- Baking Sheet
- Measuring Cups
- Salt and Pepper
- Shallow Dish
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Breast 1 pkg | 2 pkg
- Shallot 1 | 2
- Red Wine Vinegar 9 1 bottle (2 tbsp) | 2 bottle (4 tbsp)
- Carrot-Red Cabbage Slaw 1 pkg (227 g) | 2 pkg (454 g)
- Caraway Seeds 1 pkg (½ tsp) | 2 pkg (1 tsp)
- Vegetable Broth Concentrate 1 | 2
- Panko 1 1 pkg (½ cup) | 2 pkg (1 cup)
- Mayonnaise 3 3 pkg (2 tbsp) | 6 pkg (4 tbsp)
- Pretzel Bun 1 2 | 4
- Gruyère Cheese, shredded 2 1 pkg (28 g) | 2 pkg (56 g)
- Green Onion 2 | 4
- Whole-Grain Mustard 6,9 1 pkg (1 tbsp) | 1 pkg (1 tbsp)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde
- 2 Milk/Lait
- 7 Peanut/Cacahuète
- 3 Egg/Oeuf
- 8 Sesame/Sésame
- 4 Soy/Soja
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 175°F.

START STRONG

Preheat the broiler to **high** (to toast the pretzel buns).



1 BRAISE CABBAGE
Wash and dry all produce.* Finely chop **2 tbsp shallot** (double for 4 ppl). Heat a medium pan over medium heat. Add a drizzle of **oil**, then the shallot, **vinegar, slaw, caraway seeds, broth concentrate(s)** and **¼ cup water** (double for 4 ppl). Reduce the heat to medium-low. Cover and cook until slaw is tender, 28-30 min.



4 COOK CHICKEN
Heat a large non-stick pan over medium heat. Add a generous drizzle of **oil**, then the **chicken**. (If your pan is too small, cook in batches.) Cook until the chicken is golden-brown and cooked through, 4-5 min per side. (**TIP:** Cook to a min. internal temp. of 175°F.**)
Transfer to a paper towel-lined plate.



2 BUTTERFLY CHICKEN
Meanwhile, pour the **panko** into a shallow dish. Pat the **chicken breast** dry with paper towels. Carefully slice into the centre of each chicken – parallel to the cutting board – leaving 1-inch intact on the other end. Open up the chicken like a book. Season with **salt** and **pepper**.



5 TOAST BUNS
Meanwhile, cut each **bun** in half. On a baking sheet arrange the buns, cut-side up. Sprinkle the **cheese** over the bottom halves. Broil in the centre of the oven until the buns are golden-brown and the cheese starts to melt, 2-3 min. Thinly slice the **green onions**. Spread the **mustard** and **remaining mayo** over the top buns.



3 PREP CHICKEN
Coat the chicken with **half the mayo**, then dip both sides into the **panko**, pressing gently so it sticks.



6 FINISH AND SERVE
Layer each bottom **bun** with the **chicken** and **slaw**. Sprinkle with **green onions**. Serve each **chicken schnitzel pretzel bun** with the **remaining slaw**.

SAY CHEESE!

Gruyère, a nutty and slightly sweeter Swiss cheese, is the perfect compliment to schnitzel.