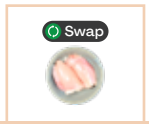# HELLO FRESH

Chicken Schnitzel Plates
with Dill-Garlic Smashed Potatoes and Apple Slaw

Family Friendly · 35 Minutes

○ Swap

Chicken Thighs ◆
280 g | 560 g

Ingredient	Quantity
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

Ingredient quantities **56g | 113g**
2 person | 4 person

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 tsp)

- 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.

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.

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.**

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.

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.

6

Finish and serve

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

** 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.

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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.