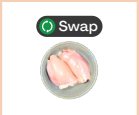




Crispy Chicken Schnitzel

with Garlic-Roasted Potatoes and Buttery Zucchini

Family Friendly 25-35 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](https://www.hellofresh.ca)



Chicken Breasts +
2 | 4



Mayonnaise
2 tbsp | 4 tbsp



Yogurt Sauce
3 tbsp | 6 tbsp



Garlic Salt
1 tsp | 2 tsp



Italian Breadcrumbs
½ cup | 1 cup



Red Potato
350 g | 700 g



Zucchini
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

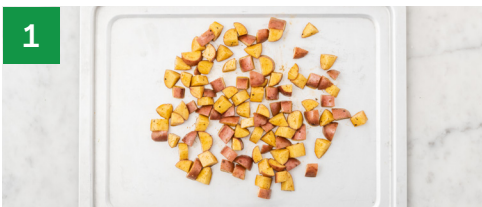
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities	56g	113g
	2 person	4 person

Pantry items | Oil, salt, unsalted butter, pepper

Cooking utensils | Baking sheet, measuring spoons, shallow dish, large non-stick pan

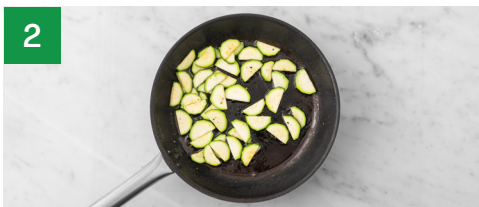
1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **half the garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.

2



Prep and cook zucchini

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Heat a large non-stick pan over medium-high heat.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add **zucchini**. Cook, stirring often, until tender-crisp, 4-6 min.
- Season with **salt** and **pepper**, to taste.
- Transfer **zucchini** to a plate, then cover to keep warm.
- Carefully wipe the pan clean.

3



Prep chicken schnitzel

- Swap | **Chicken Thighs**
- Meanwhile, add **breadcrumbs** to a shallow dish.
- 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 all over with **remaining garlic salt** and **pepper**.
- Coat **chicken** all over with **mayo**.
- Working with **one chicken breast** at a time, press both sides into **breadcrumbs** to coat completely.

4



Cook chicken schnitzel

- Reheat the same pan (from step 2) over medium.
- When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown on one side, 3-4 min.
- Flip **chicken**, then add **1 tsp oil**.
- Pan-fry until golden-brown and cooked through, 3-4 min.**
- Remove from heat.

5



Finish and serve

- Divide **chicken schnitzel**, **garlic-roasted potatoes** and **buttery zucchini** between plates.
- Serve **yogurt sauce** alongside for dipping.

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

3 | Prep chicken thigh schnitzel

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 and cook 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.