

Low Carb Chicken Schnitzels

with Red Cabbage and Apple Slaw

hellóchef

Our low-carb version of the German classic is breaded with almond flour, almond flakes and Parmesan.

Cals 1098 • Prot 75 • Carbs 37 • Fat 76

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🕒 cook: 30 min

R2679



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

| Schnitzels | 2 ppl | 3 ppl | 4 ppl | |
|------------------------|-------|-------|-------|-------|
| Chicken breast | 400 | 600 | 800 | Grams |
| Almond flakes 1*, 2* | 30 | 45 | 60 | Grams |
| Grated Parmesan 4* | 30 | 45 | 60 | Grams |
| Almond flour 1*, 2* | 60 | 80 | 120 | Grams |
| Salt | 0.5 | 1 | 1 | Tsp |
| Black pepper | 0.5 | 1 | 1 | Tsp |
| Organic Eggs 5* | 2 | 3 | 4 | Piece |
| Vegetable oil | 4 | 6 | 6 | Tbsp |
| Slaw | | | | |
| Red cabbage | 300 | 450 | 600 | Grams |
| Red apple | 1 | 1 | 2 | Piece |
| Mayonnaise 5*, 9*, 13* | 50 | 75 | 100 | Grams |
| Lemon | 1 | 1 | 2 | Piece |
| Salt | 0.5 | 0.5 | 1 | Tsp |
| Black pepper | 0.5 | 0.5 | 0.5 | Tsp |
| Garlic butter | | | | |
| Garlic cloves | 2 | 3 | 4 | Piece |
| Fresh parsley | 15 | 15 | 30 | Grams |
| Butter 4* | 50 | 50 | 100 | Grams |

Allergens

*1 Peanuts, *2 Tree Nuts, *4 Milk, *5 Eggs, *9 Soya, *13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

| Nutritional information | Per Serving* |
|-------------------------|--------------|
| Energy (kJ/kcal) | 4578 / 1098 |
| Fat (g) | 75.5 |
| of which saturates (g) | 20.3 |
| Carbohydrate (g) | 37 |
| of which sugars (g) | 16 |
| Fiber (g) | 11.5 |
| Protein (g) | 74.7 |
| Salt (g) | 1.7 |

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Wrap the **chicken breasts** in cling film. Using a rolling pin, bash the **chicken breasts** until they resemble 1 cm thick steaks. Chop the **almond flakes** finely. Add the **almond flour** to a large bowl with a pinch of **salt** and **pepper**. Combine the chopped **almond flakes** and the **grated Parmesan** in a second bowl. Crack the **eggs** into a third bowl and whisk.



2 Coat chicken

Pat the **chicken breasts** dry. First, turn them in the seasoned **almond flour**, then in the **eggs** and finally in the **almond** and **Parmesan** mixture. Refrigerate.



3 Shred cabbage

Slice or shred the **red cabbage** as finely as possible. Knead the **cabbage** with clean hands, in a bowl, for 1-2 min. This will soften it.

Tip! Kneading the cabbage will soften it.



4 Make slaw

Wash the **red apple** and slice it as finely as possible. Slice the slices into thin sticks. Mix the **cabbage, apple** and **mayonnaise** with {1/1.5/2} Tbsp of freshly squeezed **lemon juice, salt** and **pepper**. Reserve the rest of the **lemon** for garnish. Set aside.



5 Fry schnitzels

Heat a pan over a medium heat with a generous drizzle of **vegetable oil**. Once hot, add the coated **chicken** and cook for 5 min on either side or until golden and crispy. If the crumbs start to brown too quickly, reduce the heat to low.

Tip! Alternatively, use the air fryer. Preheat to 180°C. Add the coated chicken to the air fryer basket with a drizzle or spray of oil. Air fry for 12-15 min, turning halfway, until cooked through and crispy on the outside. Cook in batches if necessary.



6 Make garlic butter

Meanwhile, peel and mince the **garlic**. chop the **parsley** Heat a second pot or pan over a medium-low heat with the **butter** and chopped **garlic**. Once melted, add the chopped **parsley** and cook for 1-2 min. Make sure not to burn the **butter** or **garlic**! Serve the breaded **chicken** alongside the **slaw**. Drizzle the **chicken** with **garlic butter**.