

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*, 5*	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)	15.4
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.



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! Don't move the schnitzels around too much while you're frying them. Wait until they're ready to be flipped!



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**.