

Parmesan Chicken Schnitzel

with Green Salad and Caper Dressing

hellóchef

Schnitzel, a German classic, is traditionally made from a chicken, veal or pork cutlet which is pounded and breaded before frying.

Cals 614 • Prot 69 • Carbs 43 • Fat 18

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🕒 cook: 30 min

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Before you start

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

Ingredients

Schnitzel	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Panko bread crumbs 10* , 11* , 12*	40	60	90	Grams
Grated Parmesan 4* , 5*	60	90	120	Grams
Plain flour 10* , 11*	15	20	30	Grams
Organic Eggs 5*	1	2	2	Piece
Salt	0.5	1	1	Tsp
Vegetable oil	1	2	2	Tbsp
Dressing				
Garlic cloves	1	1	1	Piece
Capers	20	30	40	Grams
Olive oil	1	2	2	Tbsp
White balsamic vinegar 14*	15	22	30	ML
Honey	15	15	30	Grams
Dijon mustard 13*	6	9	12	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Salad				
Romaine lettuce	200	300	400	Grams
Green apple	1	1	2	Piece
Green beans	150	250	300	Grams

Allergens

***10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *5 Eggs, *14 Sulphur Dioxide, *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)	2567 / 614
Fat (g)	18.1
of which saturates (g)	2.5
Carbohydrate (g)	43
of which sugars (g)	17.9
Fiber (g)	7
Protein (g)	69.2
Salt (g)	2.1

*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 chicken

Wrap each **chicken breast** in cling film. Using a rolling pin, bash the **chicken breasts** until approx 1 cm thick.



2 Bread chicken

In a bowl, mix the **panko bread crumbs** with the **grated Parmesan**. Add the **flour** and **eggs** to two more, separate bowls. Beat the **eggs**. Season the **flour** with **salt**. Pat the **chicken breasts** dry and turn them in the seasoned **flour**, then dip them in the beaten **eggs** and finally coat them in the cheesy **panko bread crumbs**. Refrigerate.



3 Make dressing

Peel and mince the **garlic**. Add the **garlic, capers, olive oil, vinegar, honey, Dijon, salt** and **black pepper** to a jar or bowl. Whisk or shake until smooth – this is your **dressing**. **Tip!** Sensitive to raw garlic? Go easy.



4 Prep salad

Shred the **lettuce**. Slice the **apple** into thin sticks. Trim the **green beans** and chop them in half. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



5 Fry schnitzel

Heat a non-stick pan over a medium heat with a generous drizzle of **vegetable oil**. Once hot, add the breaded **chicken breasts** and cook for 5 min on each side until golden. If the surface starts to brown too quickly, reduce the heat to low. **Tip!** Don't skimp on the oil when frying the chicken. Ample vegetable oil helps them to crisp up nicely.



6 Toss salad

Meanwhile, toss the **lettuce, beans** and **apple** in the **dressing**. Divide among plates. Slice the **chicken** and serve it over the **salad**.