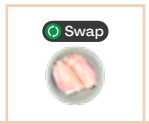




Chicken Schnitzel

with Garlic Potatoes and Salad

35 Minutes



Chicken Thighs *
280 g | 560 g

Customized Protein

+ Add

Swap

or

x2 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



Yellow Potato
350 g | 700 g



Mayonnaise
4 tbsp | 8 tbsp



Baby Spinach
56 g | 113 g



Red Wine Vinegar
1 tbsp | 1 tbsp



Garlic, cloves
1 | 2



Creamy Horseradish Sauce
1 tbsp | 2 tbsp



Tomato
1 | 2



Dijon Mustard
1 tbsp | 2 tbsp



Italian Breadcrumbs
12 tbsp | 24 tbsp

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 56 g | 113 g
2 person | 4 person

Pantry items | Sugar, salt, pepper, oil, butter

Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring spoons, medium bowl, paper towels, parchment paper, plastic wrap, shallow dish, small bowl, whisk

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Remove any brown spots from **potatoes**, then quarter **potatoes**.
- To a parchment-lined baking sheet, add **potatoes** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven for 25-28 min, tossing halfway through, until golden.

2



Prep chicken

- Meanwhile, pat **chicken** dry with paper towels.
- Cover **each chicken breast** with plastic wrap.
- Using a rolling pin, mallet or heavy-bottomed pan, pound **each chicken breast** until ½-inch thick.
- Season with **salt** and **pepper**.

3



Coat chicken

[Swap](#) | [Chicken Thighs](#)

- To a shallow dish, add **breadcrumbs**.
- Coat **chicken** all over with **half the mayo**.
- Working with **one chicken breast** at a time, press both sides into **breadcrumbs** to coat completely.

4



Cook chicken

- Heat a large non-stick pan over medium-high.
- When the pan is hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** For 4 servings, cook in batches, using 1 tbsp oil per batch.)
- Pan-fry for 2-3 min per side, until golden.
- Remove the pan from heat. Transfer **chicken** to another parchment-lined baking sheet.
- Roast in the **middle** of the oven for 8-14 min, until cooked through.**

5



Prep salad

- Meanwhile, peel, then mince or grate **garlic**.
- Cut **tomato** into ¼-inch pieces.
- In a large bowl, add **half the vinegar** (use all for 4 servings), **half the Dijon**, **1 tbsp** (2 tbsp) **oil** and **½ tsp** (1 tsp) **sugar**. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes**, then toss to coat. Set aside.

6



Finish and serve

- In a medium bowl, add **potatoes**, **⅛ tsp** (¼ tsp) **garlic** and **½ tbsp** (1 tbsp) **butter**. Toss gently until **butter** melts and coats **potatoes**. Set aside.
- In a small bowl, combine **horseradish**, **remaining Dijon** and **remaining mayo**.
- Add **spinach** to the large bowl with **tomatoes** and **dressing**. Toss to combine.
- Divide **garlic potatoes**, **salad** and **chicken schnitzel** between plates.
- Spoon **horseradish sauce** over **chicken**.

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Coat chicken

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, prep and cook in the same way the recipe instructs you to prep and cook **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 165°F, as size may vary.