HELLO FRESH

Crispy Chicken Schnitzel

with Garlic-Roasted Sweet Potatoes and Buttery Zucchini

Family Friendly · *25-35 Minutes*

Chicken Breasts

Mayonnaise

Tzatziki

Garlic Salt

Italian Breadcrumbs

Sweet Potato

Zucchini

HELLO GARLIC SALT

Garlic adds a zesty punch to simple salt!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ◆	2	4
Mayonnaise	2 tbsp	4 tbsp
Tzatziki	56 ml	113 ml
Garlic Salt	1 tsp	2 tsp
Italian Breadcrumbs	½ cup	1 cup
Sweet Potato	340 g	680 g
Zucchini	200 g	400 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items
** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
◆ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

1 Roast sweet potatoes

- Cut **sweet potatoes** into 1-inch pieces.
- Add **sweet 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 until melted
- Add **zucchini**. Cook, stirring often, until tender-crisp, 4-6 min. Season with **salt** and **pepper**, to taste.
- Add **zucchini**. Cook, stirring often, until tender-crisp, 4-6 min. Season with **salt** and **pepper**, to taste.

3 Prep chicken schnitzel

- 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

- Add **1 tbsp oil** and **chicken** to the same pan (from step 2) over medium. (**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 the pan from heat.

5 Finish and serve

- Divide **chicken schnitzel**, **sweet potatoes** and **zucchini** between plates.
- Serve **tzatziki** alongside for dipping.

Dinner Solved!