



Alpine Inspired Chicken Schnitzel and Cheesy Roasties

with Honey-Mustard Cabbage, Peas and Redcurrant Jelly

10

Winter Ski Trip 35-45 Minutes • 1 of your 5 a day



Potatoes



British Chicken Breasts



Breadcrumbs



Shredded Savoy Cabbage



Garlic Clove



Grated Hard Italian Style Cheese



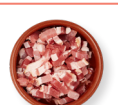
Peas



Dijon Mustard



Redcurrant Jelly



British Smoked Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Egg, Sugar, Honey, Butter, Mayonnaise

+ Add Bacon Lardons

If you chose to add bacon lardons, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, baking paper, rolling pin, bowl, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
British Chicken Breasts**	2	3	4
Breadcrumbs 13	50g	75g	100g
Shredded Savoy Cabbage**	150g	225g	300g
Garlic Clove**	2	3	4
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Peas**	120g	240g	240g
Dijon Mustard 9 14	10g	20g	20g
Redcurrant Jelly	37g	62g	74g
British Smoked Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Egg*	1	1	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Sugar*	1 tsp	1½ tsp	2 tsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g
Mayonnaise*	3 tbsp	4½ tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	657g	100g	702g	100g
Energy (kJ/kcal)	3692/882	562/134	4180/999	595/142
Fat (g)	33.2	5.0	42.3	6.0
Sat. Fat (g)	10.0	1.5	12.9	1.8
Carbohydrate (g)	92.3	14.1	93.2	13.3
Sugars (g)	24.6	3.7	24.6	3.5
Protein (g)	58.3	8.9	66.0	9.4
Salt (g)	2.63	0.40	3.86	0.55

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8**) Egg **9**) Mustard **13**) Cereals containing gluten **14**) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

You can recycle me!

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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

+ Add Bacon Lardons

When the **potatoes** have 10 mins remaining, add the **bacon** to the same tray. Cook, 8-10 mins.

IMPORTANT: Wash hands and utensils after handling raw meat. Cook it thoroughly.



Cabbage Time

Transfer the **chicken** to a large baking tray and bake on the middle shelf of your oven until cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Meanwhile, carefully discard the **oil** from the **chicken** pan. Wipe it out and pop on medium-high heat with a drizzle of **oil**.

Once hot, add the **savoy cabbage**, **sugar** (see pantry for amount) and a splash of **water**. Season with **salt** and **pepper**, stir and cook until just tender, 8-10 mins.



Get Prepped

Meanwhile, sandwich each **chicken breast** between two pieces of baking paper. Pop onto a board, then give them a bash with a rolling pin or the bottom of a saucepan until they're 1-2 cm thick.

Season the **chicken** with **salt** and **pepper**.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk.

Put the **breadcrumbs** into another medium bowl, mix and season with the **salt** (see pantry for amount) and **pepper**.

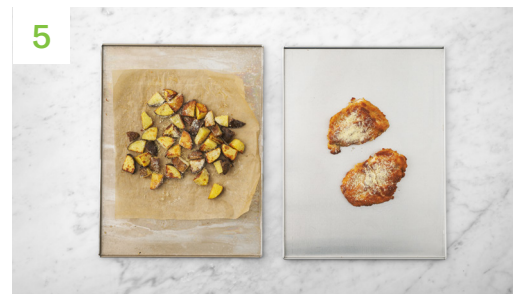


Bread the Chicken

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.

Pop a large frying pan on high heat and add enough **oil** to coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.



Cheese Please

While the **cabbage** cooks, peel and grate the **garlic** (or use a garlic press).

When the **potatoes** have 5 mins left, sprinkle over **half** the **hard Italian style cheese**, then return to the oven for the remaining time.

When the **schnitzel** is cooked, sprinkle over the remaining **cheese**. Cover to keep warm.

When the **cabbage** has softened, stir in the **peas**, **garlic**, **honey**, **butter** (see pantry for both amounts) and **Dijon mustard**. Fry, 1 min.



Serve Up

Share the **chicken schnitzels** between your plates.

Serve the **roasted potatoes** and **cabbage** alongside.

Serve with the **redcurrant jelly** and **mayo** (see pantry for amount) for dipping.

Enjoy!