



American Style Chicken Schnitzel Sando with Caramelised Onions, Burger Sauce and Fries

Limited Edition 30-35 Minutes • 1 of your 5 a day

5



Potatoes



Onion



Chicken Breasts



Breadcrumbs



Burger Sauce



Coleslaw Mix



Burger Buns

Pantry Items

Oil, Salt, Pepper, Egg, Mayonnaise,
Tomato Ketchup

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 and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion**	1	1½	2
Chicken Breasts**	2	3	4
Breadcrumbs 13	50g	75g	100g
Burger Sauce 8 9	30g	45g	60g
Coleslaw Mix**	120g	180g	240g
Burger Buns 13	2	3	4

Pantry	2P	3P	4P
Egg*	1	1	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Tomato Ketchup*	3 tbsp	4½ tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	683g	100g
Energy (kJ/kcal)	3729 /891	546 /130
Fat (g)	24.4	3.6
Sat. Fat (g)	3.4	0.5
Carbohydrate (g)	111.8	16.4
Sugars (g)	19.6	2.9
Protein (g)	56.8	8.3
Salt (g)	3.23	0.47

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

Allergens

8) Egg **9**) Mustard **13**) Cereals containing gluten

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, 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.

Contact

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Eyes on the Fries

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** 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, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Time to Fry

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.

Transfer the **chicken** to a 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, discard the **oil** from the **chicken** pan. Carefully wipe out the (now empty) frying pan, then return to medium-high heat. Add a knob of **butter** (if you have any) and allow to melt.



Get Prepped

Meanwhile, halve, peel and thinly slice the **onion**.

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 with **salt** and **pepper**.

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

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



Caramelize the Onion

Once melted, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 6-8 mins.

Add a generous pinch of **sugar** (if you have any) and cook until caramelised, 1-2 mins more.

While the **onion** fries, in a medium bowl, combine the **burger sauce**, **mayo** (see pantry for amount) and **coleslaw mix**. Season with **salt** and **pepper**.

Just before everything's ready, halve the **burger buns**. Pop into the oven to warm through, 2-3 mins.



Bread the Chicken

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring they're 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.



Assemble and Serve

When everything's ready, spread the **ketchup** on the **bun lids**.

Top the **bases** with **half** the **slaw**, **chicken schnitzel** and load on the **caramelised onion**. Sandwich shut with the **bun lids**.

Serve the **fries** and remaining **slaw** alongside.

Enjoy!