



Indian Inspired Chicken Schnitzel in Curry Sauce with Cumin Seed Potatoes and Baby Leaves

Limited Edition 35-40 Minutes • Mild Spice

5



Potatoes



White Cumin Seeds



Red Wine Vinegar



Chicken Breasts



Breadcrumbs



North Indian Style Spice Mix



Chicken Stock Paste



Creme Fraiche



Mango Chutney



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Egg

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Red Wine Vinegar 14)	12ml	18ml	24ml
Chicken Breasts**	2	3	4
Breadcrumbs 13)	50g	75g	100g
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Crème Fraîche** 7)	75g	120g	150g
Mango Chutney	40g	60g	80g
Baby Leaf Mix**	20g	50g	50g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Egg*	1	2	2
Salt for the Breadcrumbs*	1	2	2
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	555g	100g
Energy (kJ/kcal)	3077 /735	555 /133
Fat (g)	24.0	4.3
Sat. Fat (g)	10.1	1.8
Carbohydrate (g)	83.2	15.0
Sugars (g)	15.5	2.8
Protein (g)	52.0	9.4
Salt (g)	2.97	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **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, 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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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 onto a large baking tray. Drizzle with **oil**, sprinkle over the **cumin seeds**, 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 the **potatoes** on the top shelf until golden, 25-35 mins. Turn halfway through.



Fry and Bake

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.

Transfer the **chicken** to a large baking tray and bake on the middle shelf of your oven until cooked through, 8-10 mins. Discard the **oil** from the chicken pan.

IMPORTANT: The chicken is cooked when no longer pink in the middle.



Make your Dressing

Meanwhile, in a medium bowl, combine the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts).

Season with **salt** and **pepper**, then set aside.



Curry Sauce Time

Wipe out the (now empty) frying pan and return to medium-low heat with a drizzle of **oil**.

Add the **North Indian style spice mix** and cook until fragrant, 30 secs.

Stir in the **chicken stock paste**, **water for the sauce** (see pantry for amount) and **crème fraîche**. Bring to the boil and simmer until thickened, 1-2 mins.

Stir through the **mango chutney**, then remove from the heat.

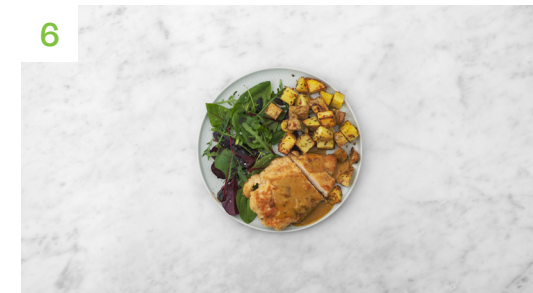


Get Breading

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 medium bowl and season with the **salt** (see pantry for amount) and **pepper**.

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.



Finish and Serve

When everything's ready, add the **baby leaves** to the bowl of **dressing** and toss to coat. Reheat your **curry sauce** if needed.

Share the **chicken schnitzel** between your plates. Serve the **cumin potatoes** and **salad** alongside.

Drizzle the **curry sauce** over the **chicken** to finish.

Enjoy!