



# Ultimate Parmigiano Crumbed Chicken Schnitzel with Mustard Cream Sauce, Crispy Potato Slices and Tenderstem®

36

Ultimate 40-45 Minutes • 1 of your 5 a day



Potatoes



Dried Thyme



Tenderstem® Broccoli



Garlic Clove



British Chicken Breasts



Breadcrumbs



Parmigiano Reggiano



Baby Plum Tomatoes



Wholegrain Mustard



Chicken Stock Paste



Creme Fraiche

**Pantry Items**

Oil, Salt, Pepper, Egg, Butter

## Before you start

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

## Cooking tools

Garlic press, baking tray, baking paper, bowl, whisk and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Thyme	1 sachet	2 sachets	2 sachets
Tenderstem® Broccoli**	80g	120g	150g
Garlic Clove**	1	2	2
British Chicken Breasts**	2	3	4
Breadcrumbs <b>13</b>	25g	35g	50g
Parmigiano Reggiano** <b>7</b>	20g	30g	40g
Baby Plum Tomatoes	125g	190g	250g
Wholegrain Mustard <b>9</b>	17g	25.5g	34g
Chicken Stock Paste	10g	15g	20g
Crème Fraîche** <b>7</b>	75g	120g	150g
Pantry	2P	3P	4P
Egg*	1	1	1
Butter*	20g	30g	40g
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	628g	100g
Energy (kJ/kcal)	3106/742	495/118
Fat (g)	31.6	5.0
Sat. Fat (g)	16.7	2.7
Carbohydrate (g)	62.1	9.9
Sugars (g)	7.3	1.2
Protein (g)	55.9	8.9
Salt (g)	2.32	0.37

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

## Allergens

**7) Milk 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, 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.

## Contact

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## Roast the Potatoes

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

Slice the **potatoes** into 1cm thick rounds (no need to peel). Halve any thick **broccoli stems** lengthways. Peel and grate the **garlic** (or use a garlic press).

Pop the **potato** rounds onto a large baking tray. Drizzle with **oil**, sprinkle over the **dried thyme**, 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.



## Time to Roast

Transfer the **chicken** to a baking tray.

Pop the **broccoli** and **baby plum tomatoes** alongside. Scatter with the **garlic**, a drizzle of **oil** and a pinch of **salt** and **pepper**. Toss to coat. **TIP: Use two baking trays if necessary.**

Bake the **chicken** and **veg** on the middle shelf of your oven until cooked through and tender, 10-12 mins.

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

Discard the **oil** from the **chicken** pan.

*If you'd prefer to, boil your broccoli in step 5 while the sauce cooks, for 3-5 mins until tender. Season with salt and pepper.*



## Bread the Chicken

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

**IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

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

Put the **breadcrumbs** and **Parmigiano Reggiano** into another medium bowl. Season with **salt** and **pepper**.



## Sauce Time

Wipe out the (now empty) frying pan and return to medium heat.

Add the **mustard** (add less if you'd prefer), **chicken stock paste**, **crème fraîche** and **water for the sauce** (see pantry for amount).

Bring to a boil and simmer until thickened slightly, 2-3 mins. Remove from the heat.



## Fry your Schnitzel

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 with 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.



## Finish and Serve

When everything's ready, slice the **chicken schnitzels** widthways into 2cm thick slices, then share between your plates.

Serve the **crispy potato** slices, **broccoli** and **baby plum tomatoes** alongside.

Spoon the **mustard cream sauce** over the **chicken**.

## Enjoy!