

DINNERLY



Cheat's Chicken Schnitzel with Cabbage Slaw

 20-30 minutes  2 Servings

For a schnit shortcut, coat chicken in aioli, dip in light panko crumbs and black sesame seeds, then sizzle until golden. Served with slaw jazzed with a vinegar dressing, it's pub grub in the comfort of home.

WHAT WE SEND

- 2 carrots
- free-range chicken breast fillet
- 200g savoy cabbage
- 5g black sesame seeds ¹¹
- 40g panko breadcrumbs ¹
- 50g aioli mayonnaise ³

WHAT YOU NEED

- olive oil
- sea salt and pepper
- white wine vinegar ¹⁷

TOOLS

- medium frypan
- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

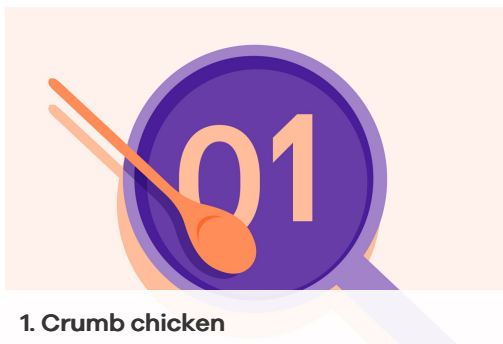
The remaining sesame seeds won't be used in this dish.

ALLERGENS

Gluten (1), Egg (3), Sesame (11), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 740kcal, Fat 51.7g, Carbs 23.3g, Proteins 41.8g



1. Crumb chicken

Combine the **breadcrumbs** and **half the sesame seeds** (see cooking tip) in a shallow dish and season with **salt and pepper**. Put the **chicken** on a board and carefully cut horizontally through the middle. Using a spoon, coat the chicken all over with the **mayonnaise**, then dip in the **breadcrumb mixture**.



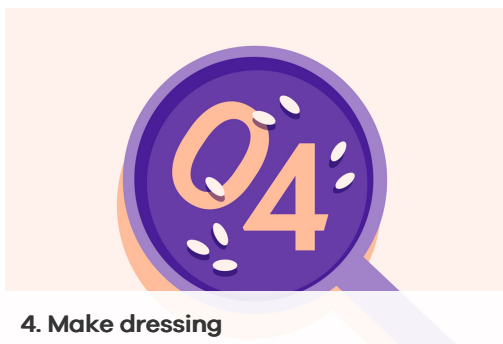
2. Prep vegetables

Peel the **carrot**, then coarsely grate. Finely shred the **cabbage**. Combine the carrot and cabbage in a large bowl.



3. Cook schnitzel

Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **crumbed chicken** for 3-4 mins each side until golden, crispy and cooked through. Drain on paper towel.



4. Make dressing

Meanwhile, combine **2 tbs white wine vinegar** and **2 tbs olive oil** in a small bowl and season with **salt and pepper**.



5. Serve up

Pour the **dressing** over the **cabbage mixture** and toss well to combine. Slice the **chicken schnitzel**. Divide the schnitzel and **slaw** among plates to serve.



6. Kitchen hack

To help tenderise the chicken and make slightly thinner, cut into fillets, then bash with a meat mallet or rolling pin.