

# DINNERLY



## Cheat's Chicken Schnitzel with Cabbage Slaw



20-30 minutes



4 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

- 400g savoy cabbage
- free-range chicken breast fillet
- 5g black sesame seeds <sup>11</sup>
- 4 carrots
- 100g aioli mayonnaise <sup>3</sup>
- 75g panko breadcrumbs <sup>1</sup>

## WHAT YOU NEED

- olive oil
- sea salt and pepper
- white wine vinegar <sup>17</sup>

## TOOLS

- large frypan
- paper towel

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

## ALLERGENS

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

## NUTRITION PER SERVING

Energy 685kcal, Fat 46.3g, Carbs 22.4g, Proteins 41.3g



### 1. Crumb chicken

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



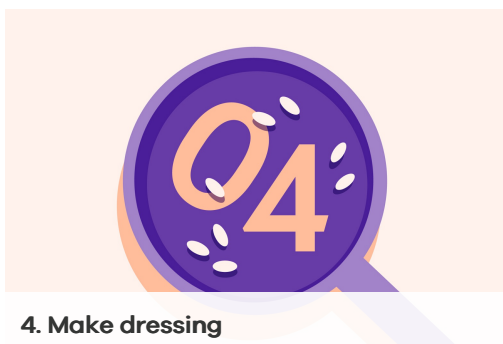
### 2. Prep vegetables

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



### 3. Cook schnitzel

Heat **2 tbs olive oil** in a large 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 **60ml (¼ cup) white wine vinegar** and **60ml (¼ cup) 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.