



## Baked Chicken Schnitzel

with Potatoes, Leeks & Asparagus



30-40min



4 Servings

Much like garlic, onion, and shallots, leeks are allium veggies. Leeks have a beautiful flavor, similar to a sweet onion, and shine when sautéed or added to soups, stews, sauces, and egg based dishes. Leeks tend to be very gritty, so it's best to rinse halved or chopped leeks under running water to remove any dirt that has been left behind.

## What we send

- 4 red potatoes
- 2 (7 oz) leeks
- 1 lb asparagus
- 2 (¾ oz) Parmesan <sup>7</sup>
- 2 (2 oz) panko <sup>1</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 3 (1 oz) sour cream <sup>7</sup>
- 1 oz whole grain mustard <sup>17</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- 1 egg <sup>3</sup>
- ¼ cup all-purpose flour <sup>1</sup>

## Tools

- 2 rimmed baking sheets
- large skillet
- meat mallet (or heavy skillet)

## Allergens

Wheat (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 840kcal, Fat 36g, Carbs 74g, Protein 56g



### 1. Prep veggies

Preheat oven to 450°F with racks in the upper and lower thirds.

Scrub **potatoes**, then cut into ¾-inch pieces. Halve **leeks** lengthwise; rinse well, then pat dry and cut into ½-inch slices. Trim woody ends from **asparagus**, then cut into 2-inch pieces.

In a large bowl, toss asparagus and leeks with **2 tablespoons oil**. Season with **salt** and **pepper**.



### 4. Bread chicken

**Oil** a second rimmed baking sheet.

Season **chicken** all over with **salt** and **pepper**. In a shallow bowl, beat **1 egg** with **¼ cup water**. Add **¼ cup flour** to a second shallow bowl. Season both bowls with **a pinch each of salt and pepper**.

Coat chicken in flour, then egg; let excess drip back into bowl. Dip in **panko**, pressing to adhere. Transfer to prepared baking sheet.



### 2. Roast veggies

On a rimmed baking sheet, toss **potatoes** with **3 tablespoons oil**, **1 teaspoon salt** and **a few grinds of pepper**. Roast on lower oven rack until lightly browned and tender, about 20 minutes.

Add **asparagus** and **leeks**; continue to roast until potatoes are golden-brown and asparagus is crisp-tender, about 10 minutes more.



### 5. Bake chicken

Generously drizzle **chicken** with **oil**. Bake on upper oven rack until golden-brown, crisp, and cooked through, flipping halfway through, 12-15 minutes. Remove from oven and immediately sprinkle with **salt**.



### 3. Prep chicken

Finely grate **Parmesan**.

Heat **2 tablespoons oil** in a large skillet. Add **panko** and cook, stirring, until golden brown and crisp, 2-3 minutes. Transfer to a plate and let cool slightly. Using your fingertips, mix to combine Parmesan and panko.

Pat **chicken** dry; place between 2 sheets of plastic wrap. Using a meat mallet or heavy skillet, pound to ¼-inch thickness.






### 6. Make sauce & serve

In a small bowl, stir together **sour cream** and **mustard**. Season to taste with **salt** and **pepper**.

Lightly drizzle **roasted veggies** with **oil**, then serve with **chicken schnitzel** and **creamy mustard sauce**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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