

DINNERLY



Low-Cal Crispy Chicken Schnitzel with Cucumber Salad & Tangy Mustard Sauce



20-30min



2 Servings

Schnitzel—it's what's for dinner. We thinly pound juicy chicken breasts, then bread and fry them to golden crispiness. A tangy mustard sauce is the perfect dipper! Newbie to pan-frying? We've got a step 6 for that. Now, we're just trying to lower the difficulty level of our lives. We've got you covered!

WHAT WE SEND

- 1 cucumber
- 1 yellow onion
- 10 oz pkg boneless, skinless chicken breast
- 2 oz panko ¹
- 1 pkt Dijon mustard ¹⁷
- 2 (1 oz) sour cream ⁷

WHAT YOU NEED

- apple cider vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- neutral oil
- all-purpose flour ¹
- 1 large egg ³

TOOLS

- meat mallet (or heavy skillet)
- large heavy skillet (preferably cast-iron)

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

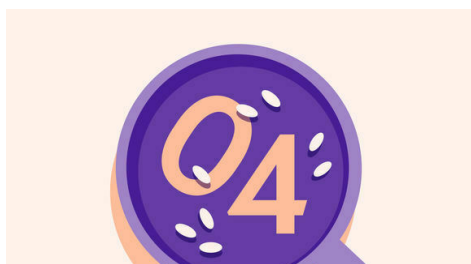
Calories 640kcal, Fat 38g, Carbs 55g, Protein 41g



1. Make cucumber salad

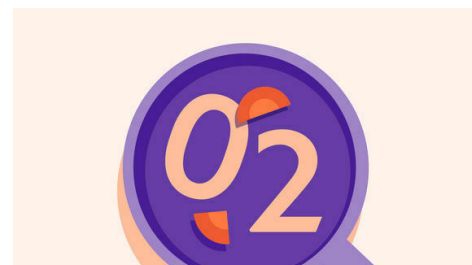
Trim ends from **cucumber**, then peel and halve lengthwise. Scoop out seeds; thinly slice crosswise into half-moons. Finely chop **1 tablespoon onion** (save rest).

In a medium bowl, whisk to combine **chopped onions, 2 teaspoons vinegar, ¼ teaspoon sugar, and a pinch of salt**. Whisk in **1 tablespoon oil**. Add cucumbers, stirring to coat. Let stand at room temperature until step 5.



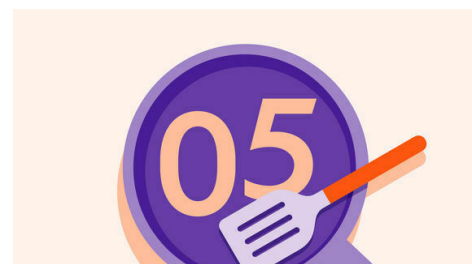
4. Shallow fry chicken

Heat **¼-inch oil** in a large heavy skillet (preferably cast-iron) over medium-high. Once **oil** is hot (it should sizzle vigorously when a pinch of panko is added), add **chicken** and cook, turning once, until golden, crisp all over, and cooked through (reduce heat if browning too quickly), 3–5 minutes per side. Transfer to a paper towel-lined plate. Season with **salt**.



2. Pound & season chicken

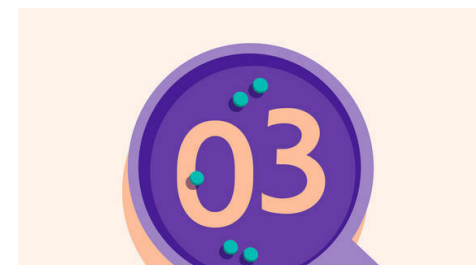
Place **chicken** between 2 sheets of plastic wrap. Using a meat mallet (or heavy skillet), pound each piece to an even ⅛-inch thickness. Season all over with **salt** and **pepper**.



5. Make mustard sauce

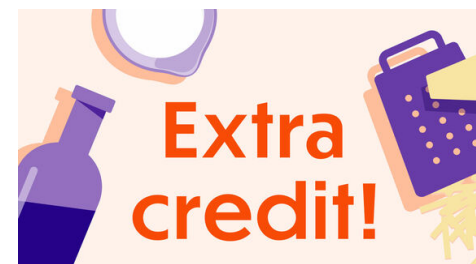
In a small bowl, whisk to combine **Dijon, all of the sour cream, 1 teaspoon oil, and 2 teaspoons water**. Season to taste with **salt** and **pepper**.

Serve **chicken schnitzel** with **cucumber salad** and **tangy mustard sauce** on the side for dipping. Enjoy!



3. Bread chicken

Dust each piece of **chicken** with **flour**. In a shallow bowl, beat **1 large egg** with a **pinch each of salt and pepper**. Transfer **panko** to a second shallow bowl. Dip chicken into egg, letting excess drip back into bowl. Press chicken into panko, flipping to coat all over and pressing to help breading adhere; tap off any excess.



6. How to: Shallow Fry!

We have some quick tricks for the perfect crunch. Make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of panko into the oil, it sizzles vigorously. When working in batches, always make sure your oil comes back up to temperature between batches (if it's browning too quickly, reduce the heat). If too low, the chicken will turn out oily instead of crispy.