

MARLEY SPOON



Chicken Schnitzel & Roasted Potatoes

with Cabbage Salad & Honey-Mustard Dressing



30-40min



2 Servings

Schnitzel is always a dinner-winner. Over 36 countries enjoy thinly pounded meat, breaded, then pan-fried until golden and crisp. With worldwide acclaim like that, how can you go wrong. We take it one step further and serve this crispy chicken schnitzel with roasted Yukon gold potatoes and tangy red cabbage salad.

What we send

- 2 Yukon gold potatoes
- 1 lb red cabbage
- ¼ oz fresh parsley
- 2 (1 oz) sour cream ²
- ½ oz honey
- 2 (¼ oz) Dijon mustard
- 12 oz pkg boneless, skinless chicken breasts
- 2 oz panko ³
- ¼ oz pkt toasted sesame seeds ⁴

What you need

- neutral oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)
- 1 large egg ¹

Tools

- rimmed baking sheet
- meat mallet (or heavy skillet)
- medium skillet

Allergens

Egg (1), Milk (2), Wheat (3), Sesame (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 44g, Carbs 84g, Protein 54g



1. Roast potatoes

Preheat oven to 450°F with a rimmed baking sheet on the lower rack. Scrub **potatoes**, then cut into ¼-inch thick wedges. In a large bowl, toss potatoes with **1½ tablespoons oil** and **a pinch each of salt and pepper**. Carefully place potatoes on preheated baking sheet and roast until tender and golden brown, about 30 minutes, flipping potatoes after 20-25 minutes.



4. Coat chicken

In a resealable bag, combine **panko**, **sesame seeds**, **¼ teaspoon salt**, and **a few grinds of pepper**. Working in batches, dip **chicken** in **egg**, letting excess drip back into bowl. Place chicken in bag with panko and shake to coat, pressing to help panko adhere.



2. Prep ingredients

Remove any tough outer leaves from **cabbage**, cut out and discard core; thinly slice 2 cups (save rest for own use). Coarsely chop **parsley leaves and stems**. In a medium bowl, whisk to combine **sour cream**, **honey**, **chopped parsley**, **Dijon mustard**, and **1 tablespoon each of oil and vinegar**. Season to taste with **salt** and **pepper**.



3. Prep salad & chicken

Reserve **2 tablespoons dressing** in a small bowl for step 6. Add **cabbage** to bowl with remaining dressing and toss to coat. Place **chicken** between 2 sheets of plastic. Use a meat mallet to pound to ¼-inch thickness. Season all over with **salt** and **pepper**. In a medium bowl, beat **1 large egg** and **2 tablespoons water** with **a pinch each of salt and pepper**.



5. Fry chicken

Heat **¼-inch oil** in a medium skillet over medium-high. once **oil** is hot (should sizzle vinously when a pinch of panko is added), add **chicken** and cook, in batches, turning once, until golden, crisp, and cooked through (reduce heat if browning too quickly), 2-3 minutes per side. Transfer to a paper towel-lined plate to drain.



6. Serve

Serve **chicken schnitzel** alongside **cabbage salad** and **potatoes**, with **reserved dressing** on the side for dipping. Enjoy!