



## Chicken Schnitzel & Potatoes

with Braised Red Cabbage



30-40min



2 Servings

Schnitzel is a German food term for meat that's been breaded and lightly fried. This chicken schnitzel is like a fancy chicken cutlet, coated in flour, Dijon, and panko before getting fried until crispy. Potatoes and cabbage are a traditional match to all things schnitzel, so we serve ours with mashed potatoes and red cabbage braised in vinegar, and flavored with dill.



## What we send

- 2 potatoes
- 1 shallot
- ¼ oz fresh dill
- 1 lb red cabbage
- 12 oz pkg boneless, skinless chicken breasts
- 2 oz panko <sup>2</sup>
- 1 pkt Dijon mustard

## What you need

- kosher salt & ground pepper
- butter <sup>1</sup>
- olive oil
- apple cider vinegar (or white wine vinegar)
- sugar
- ¼ c all-purpose flour <sup>2</sup>

## Tools

- medium saucepan
- potato masher or fork
- large skillet
- meat mallet (or heavy skillet)

## Cooking tip

Before frying the chicken, make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of flour or panko into the oil, it should sizzle vigorously.

## Allergens

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

## Nutrition per serving

Calories 990kcal, Fat 49g, Carbs 93g, Protein 51g



### 1. Prep ingredients

Peel **potatoes**, then cut into 1-inch pieces. Halve and thinly slice **¾ cup onion**. Pick **dill fronds** from **stems**; finely chop stems and fronds, keeping them separate. Remove any tough outer leaves from **cabbage**, then cut out and discard core; thinly slice about 2 cups (save rest for own use).



### 4. Prep chicken

Place **chicken** between 2 sheets of plastic. Use a meat mallet or heavy skillet to pound to ¼-inch thickness; season all over with **salt** and **pepper**. Fill a sealable plastic bag with **¼ cup flour**. Add chicken, seal, and toss to coat. Remove chicken, shake off excess flour, and transfer to plate; discard flour in bag. Fill same bag with **panko** and **a pinch each of salt and pepper**.



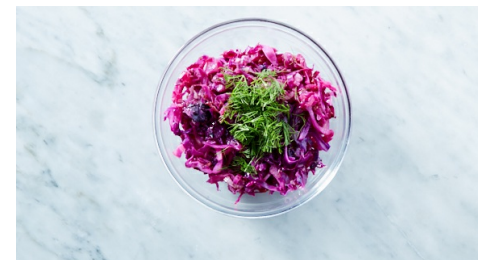
### 2. Make mashed potatoes

Place **potatoes** and **1½ teaspoons salt** in a medium saucepan. Add enough water to cover by 1 inch and bring to a boil. Reduce heat to a simmer and cook until tender, 10-12 minutes. Drain potatoes and return to saucepan. Add **2 tablespoons butter** and **1 tablespoon oil**; use a potato masher or fork to mash until smooth. Season to taste with **salt** and **pepper**. Cover to keep warm.



### 5. Bread chicken

In a shallow bowl, whisk to combine **Dijon mustard** and **2 teaspoons each of oil and water**. Add **chicken**; turn to coat. Lift chicken, allowing excess to drip back into the bowl, and add to bag with **panko**. Seal bag and toss to coat. Remove chicken, transfer to a plate, and press to help panko adhere.



### 3. Cook cabbage

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **sliced onions**; cook until softened, 3-4 minutes. Add **sliced cabbage, dill stems, ¼ cup water**, and **½ teaspoon salt**. Cover; cook over medium-low until tender, 8-10 minutes. Add **2 tablespoons vinegar** and **1½ teaspoons sugar**; cook, 1 minute. Stir in **⅔ of the dill fronds**. Transfer to a bowl; cover to keep warm.



### 6. Fry & serve

Heat **¼ inch oil** in same skillet over medium-high. Add **chicken** and cook, turning once, until golden, crisp, and cooked through, about 3 minutes per side. Transfer to a paper towel-lined plate and sprinkle with **salt**. Serve **chicken** garnished with **remaining chopped dill**, alongside **mashed potatoes** and **cabbage**. Enjoy!