



Chicken Schnitzels

with Apple Slaw

Grilled chicken schnitzels served with a crunchy apple and cabbage coleslaw.



20 minutes



2 servings



Chicken

FROM YOUR BOX

GREEN CABBAGE	1/4
RED APPLE	1
CARROT	1
SULTANAS	40g
CHICKEN SCHNITZELS	300g

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

Use a food processor with slicing and grating attachment to prepare the vegetables if you have one!

Transform this dish into an Asian chicken salad. Leave out the sultanas and add some fresh mint or coriander. Use an Asian style dressing and add some noodles!

1. MAKE THE APPLE SLAW

Thinly slice **cabbage** (see notes). Slice **apple** and grate or julienne **carrot**. Toss together in a large bowl with **sultanas** and **dressing of choice**.

TIP *You can use mayonnaise, yoghurt, creamy salad dressing, vinaigrette or lemon juice to dress the slaw. Add sliced red onion or any fresh herbs if you have some.*

2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Coat **chicken** with **seasoning of choice** and season with **salt and pepper**. Cook for 3–4 minutes each side or until cooked through.

TIP *You can crumb the chicken with panko or bread crumbs. A pre-made spice mix or marinade also works well. We used a dried herb mix to coat the chicken.*

3. FINISH AND SERVE

Serve **chicken schnitzels** with **apple slaw** at the table.

TIP *You can serve this dish with a side of roast potato chips or wedges.*

This recipe has simplified instructions to help lower your meal cost.