



NUTRITION *per serving* 63g carbohydrates 30g fat 53g protein 253mg sodium | soy-free, shellfish-free, nut-free



Calories
730



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Expert



Spice Level
Not Spicy



HOME CHEF

CUSTOMER FAVORITE

Oktoberfest Chicken Schnitzel

with mashed potatoes and garlic asparagus

IN YOUR BOX

- 5 fl. oz. Liquid Egg
- 5 Parsley Sprigs
- 2 Russet Potatoes
- 1 Lemon
- 2 Garlic Cloves
- 6 oz. Asparagus
- 2 Boneless Skinless Chicken Breasts
- .6 oz. Butter
- 2 fl. oz. Heavy Whipping Cream
- 2.7 oz. Flour
- ¾ cup Panko Breadcrumbs

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Colander
- Medium Pot
- 3 Mixing Bowls
- Medium Non-Stick Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Place a colander in the sink
- Separation is natural when shipping liquid eggs. **Shake well before using.**

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- When cooking **chicken breasts**, watch closely. **Breadcrumbs** tend to brown quickly.

FROM THE CHEF

Add a couple drops of olive oil to tops of chicken breasts before covering with plastic and pounding out. This decreases friction as you pound and makes it less likely to tear chicken.

Did you know...

Austrians have been *schnitzelling* thin slices of meat since at least the mid-19th Century. Its full name, *Wiener Schnitzel*, is part reference to its city of origin, and means “Vienna Slice.”



1

Prepare the Ingredients

Stem and coarsely chop **parsley**. Peel and dice **potatoes** into 1” cubes. Bring a medium pot with potatoes and enough **lightly salted water** to cover to a boil. Reduce to a simmer and cook until tender, 18-20 minutes. Quarter **lemon**. Mince **garlic**. Trim woody ends off **asparagus**. Rinse **chicken** and pat dry.



2

Bread the Chicken

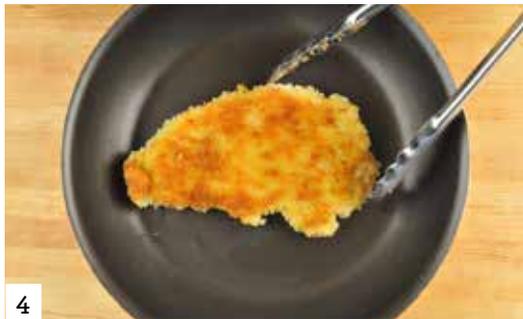
Place **chicken** on a cutting board and cover with plastic wrap. Pound with a small pot or pan into an even ¼” thickness. Season both sides with ¼ tsp. each of **salt and pepper**. Place **flour, liquid egg, and breadcrumbs** in three separate medium mixing bowls. Dip chicken first in flour, shaking off excess, then in egg, and finally press into breadcrumbs. Set aside on a plate.



3

Cook the Potatoes

Drain cooked **potatoes** in colander and return to pot. Add **butter** and **heavy cream** and mash potatoes with a fork or potato masher until smooth. Season with ¼ tsp. **salt** and a pinch of **pepper**. Cover and set aside.



4

Cook the Chicken

Line a plate with a paper towel. Place a medium non-stick pan over medium heat and add 2 Tbsp. **olive oil**. Add **chicken** to hot pan and cook until chicken is golden brown and reaches a minimum internal temperature of 165 degrees, 5-6 minutes per side. *Watch closely, as breadcrumbs tend to brown quickly.* Transfer to towel-lined plate and wipe out pan.



5

Cook the Asparagus

Return pan used to cook chicken to high heat. Add 2 Tbsp. **water, garlic, and asparagus** to hot pan. Cover and cook 2-3 minutes, until asparagus is bright green and tender.



6

Plate the Dish

Place **mashed potatoes, chicken schnitzel and asparagus** on plate. Sprinkle with chopped **parsley** and **lemon wedges** — squeezing lemon juice over breading cuts the richness of schnitzel beautifully. Prost!