

DINNERLY



Kid Approved: Chicken Schnitzel Wraps with Crunchy Cabbage Slaw



25 minutes



2 Servings

Keep the kids happy – and the adults too! Simply choose our 'kid-approved' recipes filled with crowd-pleasing flavours and ingredients, then watch the whole family tuck in. You can thank us later!

WHAT WE SEND

- 200g cabbage
- 1 carrot
- chicken breast fillet
- 40g panko breadcrumbs ^{2,4}
- 6 flour tortillas ^{2,4}
- 50g aioli mayonnaise ¹

WHAT YOU NEED

- 1 egg ¹
- 2 tsp plain flour ^{2,4}
- 60ml (¼ cup) olive oil
- 2 tsp red wine vinegar ³

TOOLS

- mandoline (optional)
- julienne peeler or box grater
- medium frypan
- paper towel
- microwave (optional)

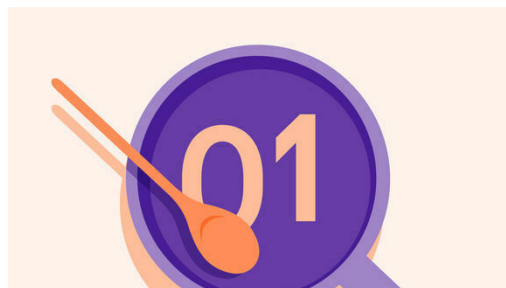
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (1), Gluten (2), Sulphites (3), Wheat (4).
May contain traces of other allergens.

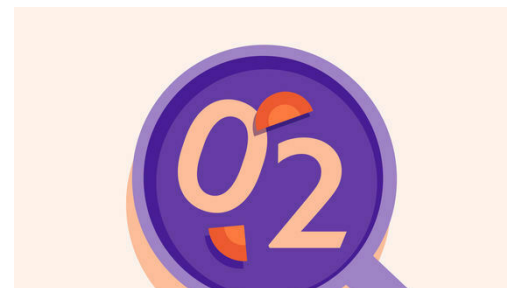
NUTRITION PER SERVING

Energy 800kcal, Fat 38.8g, Carbs 61.0g,
Protein 47.9g



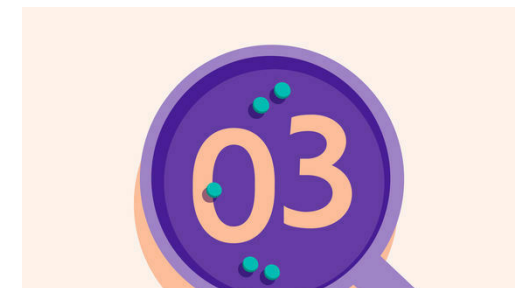
1. Prep ingredients

Thinly slice the **cabbage** with a sharp knife or mandoline. Shred the **carrot** using a julienne peeler or coarsely grate with a box grater. Put the **chicken** flat on a board, put your hand on top and halve horizontally into fillets. Season with **salt and pepper**.



2. Crumb chicken

Whisk **1 egg** in a shallow bowl. Put the **breadcrumbs** and **2 tsp plain flour** in separate shallow bowls. Dust the **chicken** in the flour, shake off the excess, then dip in the egg and coat in the breadcrumbs.



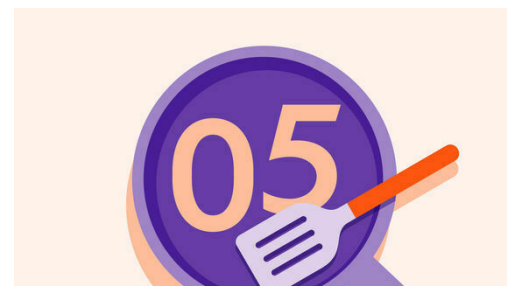
3. Cook schnitzels

Heat **2 tbs olive oil** in a medium frypan over medium heat. Cook the **schnitzels** for 2-3 mins each side until golden and cooked through. Remove from the pan and drain on paper towel.



4. Make slaw

Put **1 tbs olive oil** and **2 tsp red wine vinegar** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **cabbage** and **carrot** and toss to coat.



5. Serve up

Put the **tortillas** on a plate, slightly overlapping, and microwave for 30 secs or until warmed through (see Make it yours). Thickly slice the **chicken schnitzels**. Spread the tortillas with the **aioli**, top with the **slaw** and **schnitzel**, then roll up to enclose. Enjoy!



6. Make it yours

If you don't have a microwave, heat a large frypan over medium-high heat. Warm the tortillas, in batches, for 30 secs each side or until heated through.