



Pork Schnitzel & Herby Mash

with Garlicky Veggies & Hollandaise

MONTHLY SPECIAL

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Parsley



Carrot



Baby Broccoli



Leek



Garlic



Hollandaise



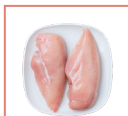
Panko Breadcrumbs



Seasoning Blend



Pork Schnitzels



Chicken Breast

Prep in: 35-45 mins
Ready in: 40-50 mins

Eat Me Early*
**Custom Recipe only*

Here's a neat trick: when you're crumbing food, use one hand for the wet ingredients and the other for the dry so you don't end up with fingers that look like dagwood dogs! Give it a try when you make these golden pork schnitzels.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk, Plain Flour, Egg

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

| | 2 People | 4 People |
|---------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| parsley | 1 bag | 1 bag |
| butter* | 40g | 80g |
| milk* | 2½ tbs | ½ cup |
| carrot | 1 | 2 |
| baby broccoli | 1 bag | 1 bag |
| leek | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| Hollandaise | 1 medium packet | 2 medium packets |
| water* | 2 tsp | 4 tsp |
| plain flour* | 2 tbs | ¼ cup |
| egg* | 1 | 2 |
| panko breadcrumbs | 1 medium packet | 1 large packet |
| seasoning blend | ½ medium sachet | 1 medium sachet |
| pork schnitzels | 1 packet | 1 packet |
| chicken breast** | 1 packet | 1 packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3609kJ (863Cal) | 542kJ (130Cal) |
| Protein (g) | 45.7g | 6.9g |
| Fat, total (g) | 43.3g | 6.5g |
| - saturated (g) | 17.6g | 2.6g |
| Carbohydrate (g) | 72.5g | 10.9g |
| - sugars (g) | 19g | 2.9g |
| Sodium (mg) | 1638mg | 246mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3394kJ (811Cal) | 495kJ (118Cal) |
| Protein (g) | 49g | 7.1g |
| Fat, total (g) | 35.9g | 5.2g |
| - saturated (g) | 14.6g | 2.1g |
| Carbohydrate (g) | 72.5g | 10.6g |
| - sugars (g) | 19g | 2.8g |
| Sodium (mg) | 1662mg | 242mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW28



1



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water. Peel **potato**, then cut into large chunks. Roughly chop **parsley**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return **potato** to the pan.
- Add the **butter** and **milk** to the **potato**, then season generously with **salt**. Mash until smooth. Stir through **parsley**, then cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.

Little cooks: Get those muscles working and help mash the potatoes!

4



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, **leek** and **baby broccoli**, tossing, until tender, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Season, then transfer to a bowl and cover to keep warm.

2



Get prepped

- While the potato is cooking, thinly slice **carrot** into half-moons. Halve any thicker **baby broccoli** stalks lengthways. Thinly slice **leek**. Finely chop **garlic**.
- In a small bowl, combine **Hollandaise** with the **water**. Set aside.

Little cooks: Take charge by combining the Hollandaise with the water!

5



Cook the pork schnitzels

- Wipe out the frying pan, then return to medium heat with enough **olive oil** to coat the base of the pan.
- Cook **pork schnitzels** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: Return the frying to medium-high heat with enough olive oil to cover the base. Cook crumbed chicken in batches, until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.

3



Crumb the pork

- In a shallow bowl, combine the **plain flour** and a pinch of **salt** and **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **seasoning blend** (see ingredients).
- Pull apart **pork schnitzels** (if stuck together).
- Coat each **pork schnitzel** first in the **flour mixture**, followed by the **egg** and finally the **panko-seasoning mixture**. Transfer to a plate.

Little cooks: Help crumb the pork! Use one hand for wet ingredients and the other hand for dry.

Custom Recipe: If you've swapped to chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until it is an even thickness, about 1cm-thick. Crumb chicken as above.

6



Serve up

- Divide herby mash between plates. Top with pork schnitzels and garlicky veggies.
- Drizzle with Hollandaise to serve. Enjoy!

Rate your recipe

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