

# Sweet Chilli Sriracha Pork Schnitzel

with Rainbow Veggie Fries & Apple Slaw

**DIETITIAN APPROVED** 



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White Turnip





Sweet Chilli Sauce







Seasoning

Panko Breadcrumbs





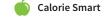
Pork Schnitzels



Prep in: 20-30 mins Ready in: 30-40 mins Eat Me Early\*

\*Custom Period

\*Custom Recipe only



It's schnitty night, tonight! Coat pork in our classic panko mix for a crispy golden result. Then, to amp up the flavour, serve it with the best sriracha-sweet chilli sauce around town. No need to head out for a meal like this.

Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Rice Wine)

### 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
beetroot	1	2		
white turnip	1	2		
apple	1	2		
sriracha	1 packet (20g)	1 packet (40g)		
sweet chilli sauce	1 small packet	1 medium packet		
plain flour*	1 tbs	2 tbs		
sweet soy seasoning	1 sachet	2 sachets		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
pork schnitzels	1 packet	1 packet		
shredded cabbage mix	1 bag (150g)	1 bag (300g)		
vinegar* (white wine or rice wine)	drizzle	drizzle		
chicken breast**	1 packet	1 packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2376kJ (568Cal)	427kJ (102Cal)
Protein (g)	40.1g	7.2g
Fat, total (g)	21.2g	3.8g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	50.8g	9.1g
- sugars (g)	27.4g	4.9g
Sodium (mg)	915mg	165mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2161kJ (516Cal)	<b>375kJ</b> (90Cal)
Protein (g)	43.5g	7.6g
Fat, total (g)	13.9g	2.4g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	50.8g	8.8g
- sugars (g)	27.4g	4.8g
Sodium (mg)	939mg	163mg

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!

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# Bake the veggie fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot, beetroot and white turnip into fries.
- Place veggie fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.



# Get prepped

- Meanwhile, thinly slice apple into wedges.
- SPICY! The sriracha is a mild sauce, but use less if you're sensitive to heat. In a small bowl, combine sriracha and sweet chilli sauce. Set aside.



# Crumb the pork

- In a shallow bowl, whisk the plain flour, sweet soy seasoning, a pinch of salt and the egg until combined. In a second shallow bowl, place panko breadcrumbs.
- Separate **pork schnitzels** (if stuck together) to get two per person.
- Coat pork schnitzels first in the egg mixture, then in the panko breadcrumbs. Transfer to a plate.

**Custom Recipe:** If you've swapped from pork schnitzel 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 as above.



# Cook the pork

- When the fries have 10 minutes remaining, heat a large frying pan over high heat with enough olive oil to cover the base.
- Cook pork schnitzels in batches, until golden and cooked through, 1-2 minutes each side.
   Transfer to a paper towel-lined plate.

**TIP:** Ensure the oil is hot before cooking the pork schnitzels for best results.

**Custom Recipe:** Cook chicken in the same way as the pork.



### Toss the slaw

 In a large bowl, combine apple, shredded cabbage mix and a drizzle of vinegar and olive oil. Season to taste.



# Serve up

- Slice pork schnitzel.
- Divide pork, veggie fries and apple slaw between plates.
- Drizzle over sweet chilli sriracha sauce to serve.
   Enjoy!

#### Rate your recipe

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