



Sweet Chilli Sriracha Pork Schnitzel

with Rainbow Veggie Fries & Apple Slaw

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Beetroot



White Turnip



Apple



Sriracha



Sweet Chilli Sauce



Sweet Soy Seasoning



Panko Breadcrumbs



Pork Schnitzels



Shredded Cabbage Mix



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early*
*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.

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

Pantry items

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

	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

*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)	375kJ (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!

Scan here if you have any questions or concerns



1



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**.

4



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.

2



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.

5



Toss the slaw

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

3



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.

6



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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