



Pork Schnitzels & Creamy Peppercorn Sauce

with Wedges & Apple Super Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Black Peppercorns



Apple



Garlic



Pork Schnitzels



Garlic & Herb Seasoning



Panko Breadcrumbs



Hollandaise



Super Slaw



Parsley



Chicken Breast

Prep in: 25-35 mins
Ready in: 40-50 mins

Eat Me Early*
*Custom Recipe only

We've turbo-charged schnitzel night! Special additions like a too-good-to-be-true creamy peppercorn sauce, golden potato wedges and a robust salad are what it's all about. Happy days indeed!

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

Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

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
potato	2	4
black peppercorns	½ sachet	1 sachet
apple	1	2
garlic	2 cloves	4 cloves
pork schnitzels	1 packet	1 packet
plain flour*	1 tbs	2 tbs
egg*	1	2
garlic & herb seasoning	1 sachet	1 sachet
panko breadcrumbs	1 medium packet	1 large packet
Hollandaise	1 medium packet	2 medium packets
super slaw	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
parsley	1 bag	1 bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2965kJ (709Cal)	518kJ (124Cal)
Protein (g)	43.6g	7.6g
Fat, total (g)	26.5g	4.6g
- saturated (g)	6.7g	1.2g
Carbohydrate (g)	71.9g	12.6g
- sugars (g)	20.8g	3.6g
Sodium (mg)	805mg	141mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2736kJ (654Cal)	462kJ (110Cal)
Protein (g)	47.6g	8g
Fat, total (g)	18.7g	8.9g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	72.7g	12.3g
- sugars (g)	20.9g	3.5g
Sodium (mg)	830mg	140mg

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 | CW30



1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges, then place on a lined oven tray. Drizzle with **olive oil** and season with **salt**.
- Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.

4



Cook the schnitzels

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

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

2



Get prepped

- Meanwhile, lightly crush **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin.
- Slice **apple** into thin sticks. Finely chop **garlic**.

5



Make the peppercorn sauce

- SPICY!** Peppercorns can be spicy, use less if you're sensitive to heat! Wash and dry the frying pan, then return to medium-low heat with a drizzle of **olive oil**. Cook **garlic** and **crushed peppercorns** until fragrant, **1 minute**.
- Remove pan from heat, add **Hollandaise** and a splash of **water** and stir to combine. Season to taste with **salt**.

3



Crumb the pork

- Pull **pork schnitzels** apart (if stuck together).
- In a shallow bowl, place the **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **garlic & herb seasoning** and **panko breadcrumbs**.
- Coat **pork schnitzels** in the **flour mixture**, followed by the **egg** and finally the **seasoned breadcrumbs**. Transfer to a plate.

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

Custom Recipe: If you've swapped to chicken breast, place chicken 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

- In a large bowl, combine **super slaw**, apple and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Slice pork schnitzels. Divide pork schnitzels, wedges and apple super slaw between plates. Spoon creamy peppercorn sauce over schnitzels.
- Tear over **parsley** to serve. Enjoy!

Little cooks: Help tear over the herbs.

Rate your recipe

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