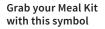


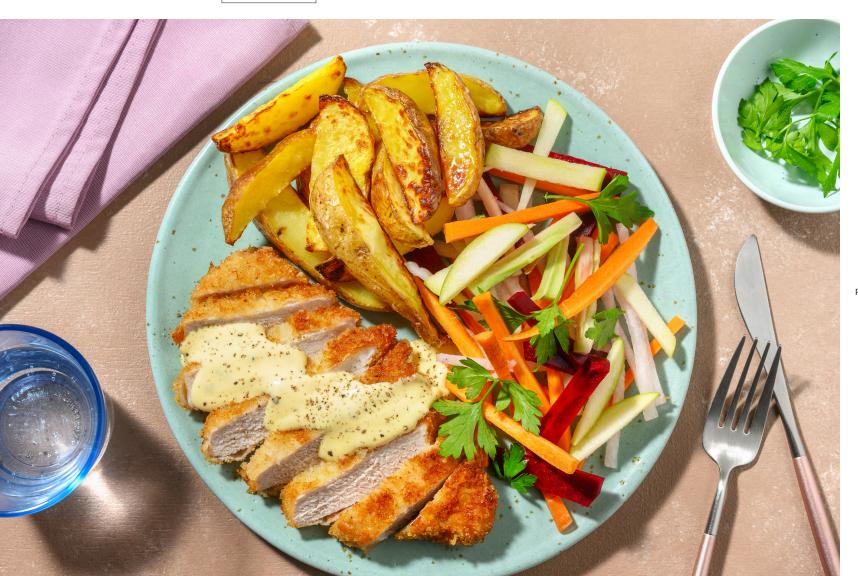
Pork Schnitzels & Creamy Peppercorn Sauce

with Wedges & Apple Super Slaw

KID FRIENDLY











Potato

Black Peppercorns









Pork Schnitzels

Garlic & Herb Seasoning





Panko Breadcrumbs Hollandaise





Super Slaw



Parsley



Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

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



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!

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

ingi calcino			
	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 462kJ (110Cal) 2736kJ (654Cal) Energy (kJ) Protein (g) Fat, total (g) 18.7g 8.9g 3.5g 0.6g - saturated (g) Carbohydrate (g) 72.7g 12.3g - sugars (g) 20.9g 3.5g 830mg Sodium (mg) 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

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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**.



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.



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.



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.



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.



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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