

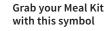
# Sesame Pork Schnitzel & Garlic Potatoes

with BBQ-Sriracha Sauce & Apple Slaw

KID FRIENDLY

DIETITIAN APPROVED

BEST SELLER



















Panko Breadcrumbs





Pork Schnitzels

Slaw Mix

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

Eat Me Early\* \*Custom Recipe only It's a twist on pork schnitzel, we're combining sriracha with BBQ sauce so the schnitzels are extra mouth-watering when this sauce is drizzled over. This dish becomes more alluring when you catch the scent of garlic-infused potato, crushed so that you can't miss them on the plate.

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

Medium saucepan · Large frying pan

## Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
garlic	2 cloves	4 cloves		
zesty chilli salt	1 sachet	2 sachets		
apple	1	2		
sriracha	1 packet (20g)	1 packet (40g)		
BBQ sauce	1 packet (40g)	1 packet (80g)		
plain flour*	2 tbs	1/4 cup		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
sesame seeds	½ sachet	1 sachet		
pork schnitzels	1 packet	1 packet		
slaw mix	1 bag (150g)	1 bag (300g)		
white wine vinegar*	drizzle	drizzle		
chicken breast**	1 packet	1 packet		

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

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2966kJ (709Cal)	534kJ (128Cal)
Protein (g)	42.9g	7.7g
Fat, total (g)	28.1g	5.1g
- saturated (g)	7g	1.3g
Carbohydrate (g)	76.1g	13.7g
- sugars (g)	25.2g	4.5g
Sodium (mg)	667mg	120mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2751kJ (658Cal)	478kJ (114Cal)
Protein (g)	46.3g	8g
Fat, total (g)	20.7g	3.6g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	76.1g	13.2g
- sugars (g)	25.2g	4.4g
Sodium (mg)	691mg	120mg

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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## Crush the potatoes

- Bring a medium saucepan of lightly salted water to the boil. Cut potato into large chunks. Finely chop garlic.
- Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
   Drain potato and set aside.
- Return empty saucepan to medium-high heat with a drizzle of olive oil. Cook garlic, stirring, until fragrant, 1 minute. Add a pinch of salt.
   Stir. then remove from heat.
- Return potato to the pan and toss to coat.
   Lightly crush with a fork. Add a pinch of zesty chilli salt. Season with salt and pepper and cover to keep warm.

**TIP:** Add a splash of water if the potato looks dry!



## Cook the pork

- 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 and sprinkle over the remaining zesty chilli salt.

Custom Recipe: Heat the frying pan as above. Cook crumbed chicken in batches until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate and sprinkle over remaining chilli salt.



# Get prepped

- Meanwhile, thinly slice apple into wedges.
- In a small bowl, combine sriracha and BBQ sauce. Set aside.

**Little cooks:** *Kids can help by combining the sauces.* 



# Crumb the pork

- In a shallow bowl, combine the plain flour and a pinch of salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs and sesame seeds (see ingredients).
- Pull apart pork schnitzels so you get 2 per person. Coat pork first in flour, followed by the egg and finally in the panko-sesame mixture. Transfer to a plate.

**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.



## Toss the slaw

 Meanwhile, combine slaw mix, apple and a drizzle of white wine vinegar and olive oil in a large bowl. Season to taste.



## Serve up

- Slice sesame pork schnitzel.
- Divide apple slaw, garlic potatoes and pork schnitzel between plates.
- Drizzle BBQ-sriracha over pork to serve. Enjoy!

#### Rate your recipe

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