



Sesame Pork Schnitzel & Garlic Potatoes

with BBQ-Sriracha Sauce & Apple Slaw

KID FRIENDLY

DIETITIAN APPROVED

BEST SELLER



Grab your Meal Kit with this symbol



Potato



Garlic



Zesty Chilli Salt



Apple



Sriracha



BBQ Sauce



Panko Breadcrumbs



Sesame Seeds



Pork Schnitzels



Slaw Mix



Chicken Breast

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

	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	¼ 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

*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



1



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!

4



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.

2



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.

5



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.

3



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.

6



Serve up

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

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