



Lemon-Pepper Pork Schnitzel & Apple Salad

with Creamy Roast Potatoes & Beetroot Relish

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Baby Potatoes



Apple



Lemon Pepper Spice Blend



Panko Breadcrumbs



Pork Schnitzels



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Beetroot Relish



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early*
*Custom Recipe only

We're putting a pep in this pork schnitzel's step by adding some lemon and pepper seasoning to the golden panko crumb. Serve up with creamy roast baby potatoes to really make this dish dance and you'll be bounding to the dinner table in excitement.

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 Balsamic)

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
baby potatoes	1 packet (400g)	2 packets (800g)
apple	1	2
plain flour*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
egg*	1	2
lemon pepper spice blend	1 large sachet	2 large sachets
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 packet	1 packet
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 packet (40g)	1 packet (80g)
beetroot relish	1 medium packet	2 medium packets
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2726kJ (652Cal)	564kJ (135Cal)
Protein (g)	37.9g	7.8g
Fat, total (g)	26.7g	5.5g
- saturated (g)	5.9g	1.2g
Carbohydrate (g)	62.7g	13g
- sugars (g)	14g	2.9g
Sodium (mg)	711mg	147mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2497kJ (597Cal)	496kJ (119Cal)
Protein (g)	41.9g	8.3g
Fat, total (g)	18.9g	3.8g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	63.5g	12.6g
- sugars (g)	14g	2.8g
Sodium (mg)	736mg	146mg

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 | CW32



1 Roast the baby potatoes

- Preheat oven to **240°C/220°C fan-forced**. Halve **baby potatoes**.
- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.



4 Cook the pork schnitzels

- When the potatoes have **5 minutes** remaining, heat a large frying pan over high heat with enough **olive oil** to coat the base.
- When oil is hot, 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 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.



2 Get prepped

- Thinly slice **apple** into thin wedges.
- In a shallow bowl, combine the **plain flour** and **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **lemon pepper spice blend** and **panko breadcrumbs**.
- Separate **pork schnitzels** (if stuck together) to get two per person.

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 an even thickness, about 1cm-thick.



5 Toss the salad

- In a large bowl, combine **apple**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.
- Add **dill & parsley mayonnaise** to the tray with **roasted potatoes** and toss to combine. Season with **salt** and **pepper**.



3 Crumb the pork

- Coat **pork schnitzels** first in the **flour**, followed by the **egg** and finally the **breadcrumb mixture**. Transfer to a plate.

Custom Recipe: Crumb chicken in the same way as above.



6 Serve up

- Slice pork schnitzels.
- Divide lemon-pepper pork schnitzels, creamy roast potatoes and apple salad between plates.
- Serve with **beetroot relish**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate