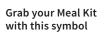


with Creamy Roast Potatoes & Beetroot Relish

TAKEAWAY FAVES













Lemon Pepper Spice Blend







Panko Breadcrumbs



Pork Schnitzels



Leaves

Beetroot Relish



Dill & Parsley



Mayonnaise





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

*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.

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 \cdot Large frying pan

Ingredients

ingi calcino			
	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	½ cup	
salt*	1/4 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

Per Serving	Per 100g
2726kJ (652Cal)	564kJ (135Cal)
37.9g	7.8g
26.7g	5.5g
5.9g	1.2g
62.7g	13g
14g	2.9g
711mg	147mg
	2726kJ (652Cal) 37.9g 26.7g 5.9g 62.7g 14g

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





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.



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.



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.



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.



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.



Serve up

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



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