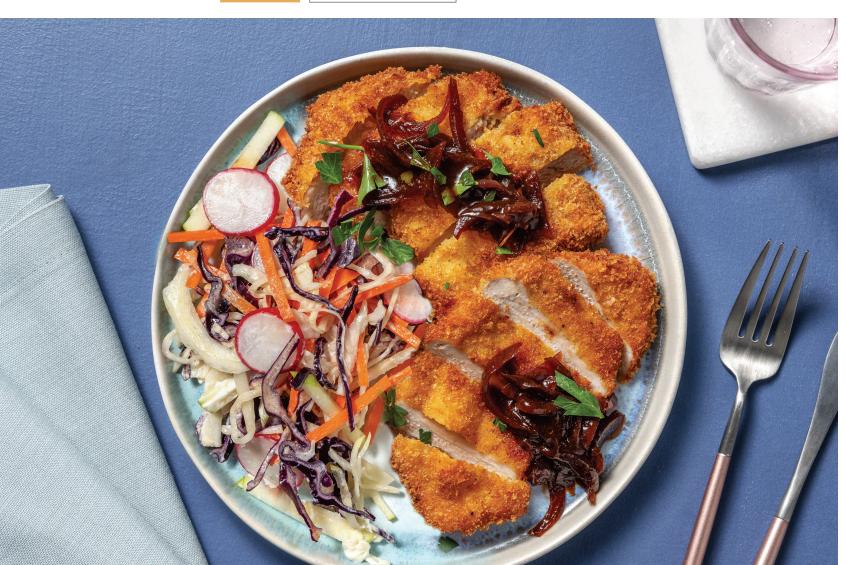


Lemon Pepper Pork Schnitzels with Caramelised Onion & Radish-Apple Slaw

EXPLORER

DIETITIAN APPROVED



Grab your Meal Kit with this symbol











Panko Breadcrumbs





Lemon Pepper Spice Blend

Pork Schnitzels





Slaw Mix

Mayonnaise



Parsley



Prep in: 25-35 mins Ready in: 30-40 mins

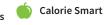
Eat Me Early*

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*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. It will zap through the crunch and blend with the caramelised onion sauce that's on top of these bad boys. You'll be skipping to the dinner table in anticipation.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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

Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
radish	2	4	
onion	1 (medium)	1 (large)	
apple	1/2	1	
balsamic vinegar*	1 tbs	2 tbs	
brown sugar*	1 tsp	2 tsp	
water*	½ tbs	1 tbs	
plain flour*	2 tbs	1/4 cup	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
lemon pepper spice blend	1 sachet	2 sachets	
pork schnitzels	1 packet	1 packet	
mayonnaise	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
slaw mix	1 bag (150g)	1 bag (300g)	
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)	2670kJ (638Cal)	625kJ (149Cal)
Protein (g)	39.2g	9.2g
Fat, total (g)	36.6g	8.6g
- saturated (g)	8.2g	1.9g
Carbohydrate (g)	43.8g	10.3g
- sugars (g)	8.9g	2.1g
Sodium (mg)	765mg	179mg
Custom Recipe		

Avg Qty Per Serving Per 100g Energy (kJ) 2441kJ (583Cal) 546kJ (130Cal) Protein (g) 9.7g 43.2g Fat, total (g) 28.8g 6.4g 5g 1.1g - saturated (g) Carbohydrate (g) 44.6g 10g - sugars (g) 8.9g 2g

The quantities provided above are averages only.

Allergens

Sodium (mg)

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





Get prepped

 Thinly slice radish and onion. Slice apple (see ingredients) into thin sticks.



Caramelise the onion

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook onion, stirring, until softened, 5-6 minutes.
- Reduce heat to medium. Add the balsamic vinegar, brown sugar and a splash of water and mix well. Cook until dark and sticky,
 3-5 minutes. Transfer to a small bowl.



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, combine panko breadcrumbs and lemon pepper spice blend.
- Separate **pork schnitzels** (if stuck together) to get two per person.
- Coat pork first in the flour, followed by the egg and finally the breadcrumbs. Transfer to a plate.

Custom Recipe: If you've swapped pork schnitzel 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 in the same way as above.



Cook the pork

- Wipe out the frying pan, then return to mediumhigh 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.

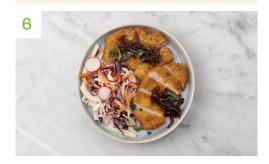
TIP: Ensure the oil is hot before cooking the pork schnitzels for best results.

Custom Recipe: Heat the pan and oil 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 slaw

- In a medium bowl, combine the mayonnaise and a drizzle of white wine vinegar.
- Add slaw mix, apple and radish. Season and toss to coat.



Serve up

- Slice lemon pepper pork.
- Divide pork and radish-apple slaw between plates. Top pork with caramelised onion.
- Garnish with torn **parsley** to serve. Enjoy!



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