



# Lemon Pepper Pork Schnitzels

with Caramelised Onion & Radish-Apple Slaw

EXPLORER

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Radish



Onion



Apple



Panko Breadcrumbs



Lemon Pepper Spice Blend



Pork Schnitzels



Mayonnaise



Slaw Mix



Parsley



Chicken Breast

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

Calorie Smart

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. 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
radish	2	4
onion	1 (medium)	1 (large)
apple	½	1
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	½ tbs	1 tbs
<b>plain flour*</b>	2 tbs	¼ cup
<b>egg*</b>	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
<b>white wine vinegar*</b>	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)	43.2g	9.7g
Fat, total (g)	28.8g	6.4g
- saturated (g)	5g	1.1g
Carbohydrate (g)	44.6g	10g
- sugars (g)	8.9g	2g
Sodium (mg)	790mg	177mg

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](https://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.



## Cook the pork

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

**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.



## Caramelize 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.



## 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.



## 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.



## 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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