



Southeast Asian Peanut-Crusted Pork Schnitzel

with Ponzu Slaw & Soy Mayo

NEW

Grab your Meal Kit with this symbol



Baby Spinach Leaves



Carrot



Mayonnaise



Panko Breadcrumbs



Crushed Peanuts



Southeast Asian Spice Blend



Pork Schnitzels



Super Slaw



Ponzu Sauce



Chicken Breast

Recipe Update

Unfortunately, this week's shredded cabbage was in short supply, so we've replaced it with slaw mix. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-35 mins



Calorie Smart



Eat Me Early*

*Custom Recipe only

Things are getting a little nutty tonight, pork schnitzels are being crusted in peanuts for a bit of crunch. The crazy times don't stop there, a drizzle of soy mayo will drive your tastebuds wild, especially over the golden crumb. We suggest you let loose and enjoy the delicious ride!

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

Pantry items

Olive Oil, Soy Sauce, Plain Flour, Egg, Vinegar (White Wine or Rice Wine)

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
olive oil*	refer to method	refer to method
baby spinach leaves	1 small bag	1 medium bag
carrot	1	2
mayonnaise	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
plain flour*	2½ tbs	½ cup
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
crushed peanuts	1 packet	2 packets
Southeast Asian spice blend	1 medium sachet	1 large sachet
pork schnitzels	1 packet	1 packet
super slaw	1 bag (150g)	1 bag (300g)
ponzu sauce	1 packet (30g)	1 packet (60g)
vinegar* (white wine or rice wine)	drizzle	drizzle
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2707kJ (647Cal)	644kJ (154Cal)
Protein (g)	43.6g	10.4g
Fat, total (g)	33.4g	7.9g
- saturated (g)	8.4g	2g
Carbohydrate (g)	41.1g	9.8g
- sugars (g)	8.7g	2.1g
Sodium (mg)	1324mg	315mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2478kJ (592Cal)	562kJ (134Cal)
Protein (g)	47.6g	10.8g
Fat, total (g)	25.6g	5.8g
- saturated (g)	5.1g	1.2g
Carbohydrate (g)	41.9g	9.5g
- sugars (g)	8.7g	2g
Sodium (mg)	1349mg	306mg

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



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Get prepped

- Roughly chop **baby spinach leaves**. Grate the **carrot**.
- In a small bowl, combine **mayonnaise** and the **soy sauce**. Set aside.
- In a shallow bowl, combine the **plain flour** and **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs**, **crushed peanuts** and **Southeast Asian spice blend**.
- Separate **pork schnitzels** (if stuck together) to get two per person.
- Coat **pork** first in **flour mixture**, followed by the **egg** and finally the **breadcrumbs**. Transfer to a plate.

Custom Recipe: If you've swapped pork schnitzels for chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm-thick. Crumb in the same way as above.



Toss the slaw

- Meanwhile, combine **super slaw**, **baby spinach**, **carrot**, **ponzu sauce** and a drizzle of **vinegar** and **olive oil** in a large bowl.
- Season with **salt** and **pepper** and toss to combine.



Cook the pork schnitzel

- Heat a large frying pan over 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 as above. Cook crumbed chicken in batches until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.



Serve up

- Slice pork schnitzel.
- Divide Southeast Asian peanut-crusted pork and ponzu slaw between plates.
- Drizzle soy mayo over schnitzel. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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