



Quick BBQ Pork Schnitzel

with Garden Salad & Sriracha Mayo

EXPLORER

KID FRIENDLY

Grab your Meal Kit with this symbol



Radish



Tomato



Mayonnaise



Sriracha



Barbecue Seasoning



Panko Breadcrumbs



Pork Schnitzels

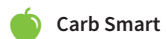


Mixed Salad Leaves



Chicken Breast

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



Eat Me Early*

*Custom Recipe only

Who doesn't love a good pork schnitzel? Coated with a smokey BBQ-spiced crumb, paired with a refreshing garden salad and a supercharged sriracha mayo, we bet this will be a real hit in the household tonight.

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

Pantry items

Olive Oil, 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
olive oil*	refer to method	refer to method
radish	2	3
tomato	1	2
mayonnaise	1 medium packet	1 large packet
sriracha	1 packet (20g)	1 packet (40g)
barbecue seasoning	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	¾ medium packet	¾ large packet
pork schnitzels	1 packet	1 packet
mixed salad leaves	1 medium bag	1 large bag
white wine vinegar*	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)	2116kJ (506Cal)	610kJ (146Cal)
Protein (g)	37.8g	10.9g
Fat, total (g)	26.6g	7.7g
- saturated (g)	7.1g	2g
Carbohydrate (g)	27g	7.8g
- sugars (g)	5.3g	1.5g
Sodium (mg)	990mg	285mg
Dietary Fibre (g)	3.1g	0.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1887kJ (451Cal)	514kJ (123Cal)
Protein (g)	41.8g	11.4g
Fat, total (g)	18.8g	5.1g
- saturated (g)	3.9g	1.1g
Carbohydrate (g)	27.8g	7.6g
- sugars (g)	5.3g	1.4g
Sodium (mg)	1015mg	277mg
Dietary Fibre (g)	3.1g	0.8g

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 | CW41

1



Get prepped

- Thinly slice **radish**. Roughly chop **tomato**.
- In a small bowl, combine **mayonnaise** and **sriracha**, then season with **salt** and **pepper**. Set aside.

3



Cook the pork

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base. Cook **crumbed pork** in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.
- Meanwhile, combine **mixed salad leaves**, **radish**, **tomato** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season with **salt**.

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

2



Crumb the pork

- In a shallow bowl, combine **barbecue seasoning**, the **plain flour** and a pinch of **salt**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs** (see ingredients).
- Coat **pork schnitzels** first in **flour mixture**, followed by the **egg** and finally in **panko breadcrumbs**. Transfer to a plate.

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 it is an even thickness, about 1cm-thick. Crumb chicken the same way as above.

4



Serve up

- Slice BBQ pork schnitzels.
- Divide garden salad and pork between plates.
- Drizzle over sriracha mayo to serve. Enjoy!

Rate your recipe

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