



Seasoned Pork Schnitzel & Veggie Fries

with Apple Salad & Sweet Ssamjang Sauce

CUSTOMER FAVOURITE

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Beetroot



White Turnip



Apple



Ssamjang Paste



Sweet Chilli Sauce



Sweet Soy Seasoning



Panko Breadcrumbs



Pork Schnitzels



Mixed Salad Leaves



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early*

*Custom Recipe only

It's schnitty night, tonight! Coat pork in our classic panko mix for a crispy golden result. Then, to amp up the flavour, serve it with the best sweet ssamjang sauce around town. No need to head out for a meal like this.

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

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
beetroot	1	2
white turnip	1	2
apple	1	2
ssamjang paste	1 medium packet	2 medium packets
sweet chilli sauce	1 small packet	1 medium packet
plain flour*	1 tbs	2 tbs
sweet soy seasoning	1 sachet	2 sachets
egg*	1	2
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 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)	2574kJ (615Cal)	480kJ (115Cal)
Protein (g)	40.6g	7.6g
Fat, total (g)	24.1g	4.5g
- saturated (g)	6.7g	1.2g
Carbohydrate (g)	56.6g	10.6g
- sugars (g)	27.2g	5.1g
Sodium (mg)	931mg	174mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2345kJ (560Cal)	421kJ (101Cal)
Protein (g)	44.6g	8g
Fat, total (g)	16.3g	2.9g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	57.4g	10.3g
- sugars (g)	27.3g	4.9g
Sodium (mg)	956mg	172mg
Dietary Fibre	12.8g	2.3g

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



1



Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot, beetroot** and **white turnip** into fries.
- Place **veggie fries** on a lined tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

2



Get prepped

- Meanwhile, thinly slice **apple** into wedges.
- In a small bowl, combine **ssamjang paste** and **sweet chilli sauce**. Set aside.

TIP: The ssamjang paste is mild, but use less if you're sensitive to heat!

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.

3

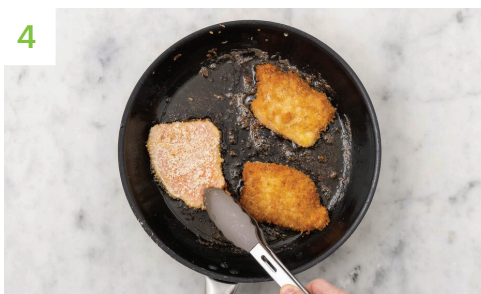


Crumb the pork

- In a shallow bowl, whisk the **plain flour**, **sweet soy seasoning**, a pinch of **salt** and the **egg** until combined.
- In a second shallow bowl, place **panko breadcrumbs**.
- Coat **pork schnitzels** first in the **egg mixture**, then in the **panko breadcrumbs**. Transfer to a plate.

Custom Recipe: Crumb chicken schnitzels in the same way as above.

4



Cook the pork

- When the fries have **10 minutes** cook time remaining, heat a large frying pan over high heat with enough **olive oil** to cover the base.
- Cook **pork schnitzels** in batches, until golden and cooked through, **2-3 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: Heat a large frying pan over medium-high heat with enough olive oil to cover the base. Cook crumbed chicken in batches, until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.

5



Toss the salad

- While the pork is cooking, combine **apple**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil** in a large bowl. Season to taste.

6



Serve up

- Slice seasoned pork schnitzel.
- Divide pork, veggie fries and apple salad between plates.
- Drizzle over sweet ssamjang sauce to serve. Enjoy!

Rate your recipe

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