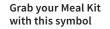


Lemon-Pepper Pork Schnitzel & Radish Salad

with Creamy Roast Potato & Beetroot Relish

TAKEAWAY FAVES











Lemon Pepper Spice Blend

Panko Breadcrumbs







Pork Schnitzels



Dill & Parsley



Mayonnaise

Beetroot Relish





Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins Ready in: 35-45 mins 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. Serve up with creamy roast baby potatoes to really make this dish dance and you'll be bounding to the dinner table in excitement.



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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People				
olive oil*	refer to method	refer to method				
baby potatoes	1 packet (400g)	2 packets (800g)				
radish	2	4				
plain flour*	2 tbs	½ cup				
salt*	1/4 tsp	½ tsp				
egg*	1	2				
lemon pepper spice blend	1 sachet	1 sachet				
panko breadcrumbs	1 medium packet	1 large packet				
pork schnitzels	1 packet	1 packet				
salad leaves	1 small bag	1 medium bag				
white wine vinegar*	drizzle	drizzle				
dill & parsley mayonnaise	1 medium packet	1 large packet				
beetroot relish	1 medium packet	2 medium packets				
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)	2655kJ (635Cal)	567kJ (136Cal)
Protein (g)	38g	8.1g
Fat, total (g)	26.8g	5.7g
- saturated (g)	5.9g	1.3g
Carbohydrate (g)	58.3g	12.5g
- sugars (g)	9.8g	2.1g
Sodium (mg)	720mg	154mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2426kJ (580Cal)	497kJ (119Cal)
Protein (g)	42g	8.6g
Fat, total (g)	19g	3.9g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	59.1g	12.1g
- sugars (g)	9.9g	2g
Sodium (mg)	745mg	153mg

The quantities provided above are averages only.

Allergens

2024 | CW01

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.







Roast the baby potatoes

- Preheat oven to 240°C/220°C fan-forced. Halve baby potatoes.
- Place potatoes on lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat.
- Roast until tender, 25-30 minutes.



Get prepped

- Meanwhile, thinly slice radish.
- In a shallow bowl, combine the plain flour and salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, combine lemon pepper spice blend and panko breadcrumbs.
- Separate pork schnitzels (if stuck together) to get two per person.

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 the pork

 Coat pork first in the flour, followed by the egg and finally the breadcrumb mixture. Transfer to a plate.

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



Cook the pork schnitzels

- When the potatoes have 5 minutes remaining, heat a large frying pan over 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.

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.



Toss the salad

- In a large bowl, combine radish, salad leaves and a drizzle of vinegar and olive oil. Season to taste
- To the tray with roast potatoes, add dill & parsley mayonnaise and toss to combine.
 Season with salt and pepper.



Serve up

- Slice lemon-pepper pork schnitzels.
- Divide pork schnitzels, creamy roast potato and radish salad between plates.
- · Serve with beetroot relish. Enjoy!

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate