

Pork Schnitzel & Smoked Cheddar Potatoes

with Caramelised Onion Sauce & Avocado Salad

HALL OF FAME

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Smoked Cheddar Cheese



Panko Breadcrumbs



Aussie Spice Blend



Pork Schnitzels



Onion



Onion Chutney



Avocado



Salad Leaves



Chicken Breast

Recipe Update

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: 30-40 mins

Eat Me Early*
*Custom Recipe only

There you have it, a pork schnitzel and roast potato feast, but there's a surprise hidden in here, ready to entertain you with dazzling flavours. It's all in the smokey Cheddar melted over the potatoes and a caramelised onion sauce for the pork. Sorry for spoiling the surprise but we couldn't contain our excitement!

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

Pantry items

Olive Oil, Plain Flour, Egg, Balsamic 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

One tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
smoked Cheddar cheese	1 packet (50g)	2 packets (100g)
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
pork schnitzels	1 packet	1 packet
onion	½	1
brown sugar*	1 tps	2 tps
balsamic vinegar*	1 tbs	2 tbs
onion chutney	1 medium packet	1 large packet
avocado	1 (small)	1 (large)
salad leaves	1 small bag	1 medium bag
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)	3529kJ (843Cal)	620kJ (148Cal)
Protein (g)	50.3g	8.8g
Fat, total (g)	39.3g	6.9g
- saturated (g)	13.6g	2.4g
Carbohydrate (g)	71.1g	12.5g
- sugars (g)	15.2g	2.7g
Sodium (mg)	1220mg	214mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3299kJ (788Cal)	560kJ (134Cal)
Protein (g)	54.3g	9.2g
Fat, total (g)	31.5g	5.3g
- saturated (g)	10.4g	1.8g
Carbohydrate (g)	71.9g	12.2g
- sugars (g)	15.2g	2.6g
Sodium (mg)	1245mg	211mg

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

2024 | CW02



1



Bake the crushed potatoes

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until just tender, **18-20 minutes**.
- Lightly crush the **semi-roasted potatoes** on the tray. Sprinkle with **smoked Cheddar cheese**. Return to oven and bake until golden, a further **8-10 minutes**.

4



Cook the pork schnitzels

- Wipe out the frying pan and return to high heat with enough **olive oil** to coat the base.
- Cook **pork schnitzels** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

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

2



Crumb the pork

- While the potatoes are baking, combine the **plain flour** and a pinch of **salt** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs** and **Aussie spice blend**.
- Pull apart **pork schnitzels** (if stuck together).
- Coat each **pork schnitzel** first in the **flour mixture**, followed by the **egg** and finally the **spiced 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 the chicken in the same way as the pork.

5



Make the salad

- While the schnitzel is cooking, slice **avocado** in half, scoop out flesh and roughly chop.
- In a large bowl, combine **avocado**, **salad leaves** and a drizzle of **vinegar** and **olive oil**.
- Season to taste.

3



Make the sauce

- Thinly slice **onion** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until tender, **5-6 minutes**.
- Reduce heat to medium. Add the **brown sugar**, **balsamic vinegar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**.
- Add **onion chutney** and a splash of **water** stirring to combine.

TIP: Add a dash more water if the sauce gets too thick.

6



Serve up

- Slice pork schnitzel.
- Divide pork schnitzel, smoked Cheddar crushed potatoes and avocado salad between plates.
- Top pork with caramelised onion sauce to serve. Enjoy!

Rate your recipe

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