



# Sesame Pork Schnitzel & Cauli-Potato Mash

with BBQ-Sriracha Sauce & Cucumber Slaw

KID FRIENDLY

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Potato



Cauliflower



Cucumber



Sriracha



BBQ Sauce



Panko Breadcrumbs



Sesame Seeds



Pork Schnitzels



Slaw Mix



Chicken Breast

### Recipe Update

We've replaced the radish in this recipe with cucumber due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

\*Custom Recipe is not Dietitian Approved

Eat Me Early^  
^Custom Recipe only

It's a twist on pork schnitzel, we're combining sriracha with BBQ sauce so the schnitzels are extra mouth-watering when this sauce is drizzled over. This dish becomes more alluring when you catch sight of the fluffy cauli-potato mash. There's no way you could miss this dish!

**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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
cauliflower	1 portion (200g)	1 portion (400g)
cucumber	1	2
sriracha	1 packet (20g)	1 packet (40g)
BBQ sauce	1 medium packet	1 large packet
<b>plain flour*</b>	2 tbs	½ cup
<b>egg*</b>	1	2
panko breadcrumbs	1 packet	1 packet
sesame seeds	½ sachet	1 sachet
pork schnitzels	1 packet	1 packet
slaw mix	1 bag (150g)	1 bag (300g)
<b>white wine vinegar*</b>	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)	2962kJ (708Cal)	465kJ (111Cal)
Protein (g)	44.8g	7g
Fat, total (g)	28.2g	4.4g
- saturated (g)	7g	1.1g
Carbohydrate (g)	73.8g	11.6g
- sugars (g)	27.9g	4.4g
Sodium (mg)	656mg	103mg
Dietary Fibre (g)	8.6g	1.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2732kJ (653Cal)	416kJ (99Cal)
Protein (g)	48.8g	7.4g
Fat, total (g)	20.5g	3.1g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	74.6g	11.4g
- sugars (g)	28g	4.3g
Sodium (mg)	681mg	104mg

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](https://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 | CW04



1



## Make the veggie mash

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Peel **potato** and cut into large chunks. Cut **cauliflower** into small florets.
- Cook **potato** and **cauliflower** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return to the pan. Add a drizzle of **olive oil** and a good pinch of **salt**, and mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!

4



## Cook the pork

- 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, **1-2 minutes** each side.
- Transfer to a paper towel-lined plate.

**Custom Recipe:** Heat the frying 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.

2



## Get prepped

- Meanwhile, slice **cucumber** into half-moons.
- In a small bowl, combine **sriracha** and **BBQ sauce**. Set aside.

**Little cooks:** Kids can help by combining the sauces.

5



## Toss the slaw

- Meanwhile, combine **slaw mix**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season to taste.

3



## Crumb the pork

- In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs** and **sesame seeds** (see ingredients).
- Pull apart **pork schnitzels** so you get 2 per person. Coat **pork** first in **flour mixture**, followed by the **egg** and finally in the **panko-sesame mixture**. Transfer to a plate.

**Little cooks:** Help crumb the pork! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers.

**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 as above.

6



## Serve up

- Slice sesame pork schnitzel.
- Divide cucumber slaw, cauli-potato mash and pork schnitzel between plates.
- Drizzle BBQ-sriracha over pork to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)