

Crumbed Pork Schnitzel & Spiced Wedges

with Cherry Tomato Salad & Garlic Aioli

KID FRIENDLY









Indian Spice Blend



Cherry Tomatoes





Panko Breadcrumbs

Pork Schnitzels



Mixed Salad





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

Eat Me Early* *Custom Recipe only The classics have withstood the test of time for a reason and this pork schnitzel with wedges is one of them because what can beat a crunchy crumb? When served with spiced potato wedges and a fresh salad we know that it will be returning to your table many more times. **Pantry items**

Olive Oil, Plain Flour, Egg, Honey, 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

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
mild North Indian spice blend	1 medium sachet	1 large sachet
cherry tomatoes	1 punnet	1 punnet
carrot	1	2
plain flour*	2 tbs	½ cup
salt*	1/4 tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet
		on I large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3241kJ (775Cal)	534kJ (128Cal)
Protein (g)	43.5g	7.2g
Fat, total (g)	34.7g	5.7g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	73.6g	12.1g
- sugars (g)	24.7g	4.1g
Sodium (mg)	757mg	125mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3012kJ (720Cal)	480kJ (115Cal)
Protein (g)	47.5g	7.6g
Fat, total (g)	26.9g	4.3g
- saturated (g)	4.4g	0.7g
Carbohydrate (g)	74.4g	11.9g
- sugars (g)	24.7g	3.9g
Sodium (mg)	782mg	125mg

The quantities provided above are averages only.

Allergens

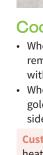
Always read product labels for the most up-to-date allergen information.

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 | CW10





Bake the wedges

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into wedges, then place on a lined oven tray. Drizzle with olive oil, season with mild North Indian spice blend and toss to coat. Spread out evenly, then bake until tender, 25-30 minutes.



Get prepped

- Meanwhile, halve cherry tomatoes.
- Grate carrot.

Little cooks: Under adult supervision, older kids can help grate the carrot.



Crumb the pork

- In a shallow bowl, combine the plain flour and the salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Separate the pork schnitzels (they may be stuck together). Coat pork schnitzels first in the plain flour, followed by the egg and finally the panko breadcrumbs. 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 your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Crumb as above.



Cook the pork schnitzels

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

Custom Recipe: Heat pan over medium-high heat with enough olive oil to coat the base. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 3-5 minutes each side. Transfer to a paper towellined plate.



Make the salad

- In a large bowl, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil**.
- Add mixed salad leaves, cherry tomatoes and carrot. Toss to combine and season to taste.



Serve up

- Divide crumbed pork schnitzels, spiced wedges and cherry tomato salad between plates.
- Serve with garlic aioli. Enjoy!



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