



Crumbed Pork Schnitzel & Spiced Wedges

with Cherry Tomato Salad & Garlic Aioli

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Mild North Indian Spice Blend



Cherry Tomatoes



Carrot



Panko Breadcrumbs



Pork Schnitzels



Mixed Salad Leaves



Garlic Aioli



Chicken Breast

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.

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

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

	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	¼ cup
salt*	¼ 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

*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



1



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**.

4



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 towel-lined plate.

2



Get prepped

- Meanwhile, halve **cherry tomatoes**.
- Grate **carrot**.

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

5



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.

3



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.

6



Serve up

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

Rate your recipe

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