



# Chimichurri Pork Schnitzel & Veggie Fries

with Tomato Salad & Garlic Dip

Grab your Meal Kit with this symbol



Parsnip



Courgette



Beetroot



Chimichurri Seasoning



Panko Breadcrumbs



Pork Schnitzels



Tomato



Mixed Salad Leaves

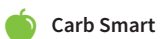


Garlic Dip



Chicken Breast

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



Who doesn't love a good crumbed pork? Paired with a dollop of punchy garlic dip and colourful, baked veggie fries, we bet this will be a real hit in the household tonight.

**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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
courgette	1	2
beetroot	1	2
chimichurri seasoning	1 sachet	2 sachets
plain flour*	½ tbs	1 tbs
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
tomato	1	2
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
garlic dip	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)	2522kJ (603Cal)	519kJ (124Cal)
Protein (g)	39.6g	8.1g
Fat, total (g)	33.2g	6.8g
- saturated (g)	6.7g	1.4g
Carbohydrate (g)	34g	7g
- sugars (g)	13.3g	2.7g
Sodium (mg)	816mg	168mg
Dietary Fibre (g)	8.6g	1.6g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2243kJ (536Cal)	443kJ (106Cal)
Protein (g)	45.5g	9g
Fat, total (g)	23.1g	4.6g
- saturated (g)	2.9g	0.6g
Carbohydrate (g)	35g	6.9g
- sugars (g)	13.4g	2.6g
Sodium (mg)	864mg	171mg
Dietary fibre	8.6g	1.5g

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



1



## Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **parsnip**, **courgette** and **beetroot** into fries. Place the **veggie fries** on a lined tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.

2



## Prep the pork schnitzel

- Meanwhile, in a shallow bowl, combine **chimichurri seasoning**, the **plain flour** and the **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Pull apart **pork schnitzels** to get 2 per person. Coat **pork** first in **flour mixture**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.

**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 they are an even thickness, about 1cm-thick. Crumb chicken as above and continue with recipe.

3



## Get prepped

- Slice **tomato** into wedges.

4



## Cook the schnitzels

- When the veggie fries have **10 minutes** cook time remaining, heat a large frying pan over high heat with enough **olive oil** to cover the base.
- 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 cover base. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.

5



## Toss the salad

- In a medium bowl, combine **mixed salad leaves**, **tomato** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

6



## Serve up

- Slice pork schnitzels.
- Divide chimichurri pork schnitzels, veggie fries and tomato salad between plates. Serve with **garlic dip**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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