



Pork Schnitzel & Roast Capsicum Veggie Toss

with Peri-Peri Sauce

NEW

Grab your Meal Kit with this symbol



Carrot



Capsicum



Panko Breadcrumbs



Aussie Spice Blend



Pork Schnitzels



Peri Peri Sauce



Baby Leaves



Chicken Breast

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

Calorie Smart

Eat Me Early*
*Custom Recipe only

We're putting a pep in this pork schnitzel's step by drizzling it in a peri peri-honey sauce. It will cut through the crunch, and sitting it on top of a roast veggie toss will really make this dish fun. You'll be skipping to the dinner table in anticipation.

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
carrot	2	4
capsicum	1	2
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
peri peri sauce	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
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)	2104kJ (503Cal)	393kJ (94Cal)
Protein (g)	38.8g	7.3g
Fat, total (g)	19.8g	3.7g
- saturated (g)	5.7g	1.1g
Carbohydrate (g)	41.1g	7.7g
- sugars (g)	14.3g	2.7g
Sodium (mg)	1215mg	227mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1825kJ (436Cal)	329kJ (79Cal)
Protein (g)	44.8g	8.1g
Fat, total (g)	9.7g	1.7g
- saturated (g)	1.9g	0.3g
Carbohydrate (g)	42.1g	7.6g
- sugars (g)	14.4g	2.6g
Sodium (mg)	1262mg	227mg

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 | CW15



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **capsicum** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

4



Make the peri peri sauce

- Meanwhile, combine **peri peri sauce** and the **honey** in a small bowl.

2



Crumb the pork schnitzel

- 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, combine **panko breadcrumbs** and **Aussie spice blend**.
- Separate **pork schnitzels** to get two per person. Dip **pork** into **flour mixture**, followed by **egg** and finally in **panko breadcrumbs**. Set aside on a plate.

Custom Recipe: If you've swapped to chicken breast, place chicken between two sheets of baking paper. Pound with a meat mallet or rolling pin until they are an even thickness, about 1cm-thick. Crumb chicken as above.

5



Bring it all together

- When roast veggies are done, add **baby leaves** and a drizzle of **white wine vinegar** to oven tray and gently toss to combine. Season to taste.

3

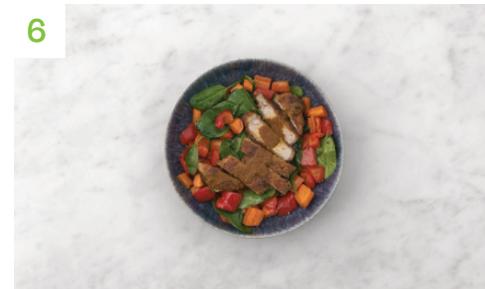


Cook the pork schnitzel

- When the veggies have **10 minutes** remaining, heat a large frying pan over high heat with enough **olive oil** to coat the base.
- When oil is hot, cook **pork schnitzel** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: Heat frying 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), 2-4 minutes each side. Transfer to a paper towel-lined plate.

6



Serve up

- Slice pork schnitzel.
- Divide capsicum roast veggie toss between bowls. Top with pork schnitzel and spoon over peri peri sauce. Enjoy!

Rate your recipe

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