



Chermoula Crumbed Pork & Radish Salad

with Roast Chilli Garlic Pumpkin

NEW

Grab your Meal Kit with this symbol



Peeled Pumpkin Pieces



Radish



Garlic



Chilli Flakes (Optional)



Panko Breadcrumbs



Chermoula Spice Blend



Pork Schnitzels



Mixed Salad Leaves



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

Schnitzel and wedges is a pub classic that we'll never get tired of - but who's ready for a delicious new twist? We are! This golden pork schnitzel has the flavours of the Middle East cooked right into the crumb. As if that wasn't enough, pumpkin wedges baked in a chilli garlic butter are our new favourite accompaniment.

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

Pantry items

Olive Oil, Butter, 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
peeled pumpkin pieces	1 medium packet	1 large packet
radish	1	2
garlic	2 cloves	4 cloves
butter*	20g	40g
chilli flakes (optional)	pinch	pinch
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
mixed salad 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)	3068kJ (733Cal)	623kJ (149Cal)
Protein (g)	42.9g	8.7g
Fat, total (g)	39.9g	8.1g
- saturated (g)	13.1g	2.7g
Carbohydrate (g)	48.2g	9.8g
- sugars (g)	10g	2g
Sodium (mg)	671mg	136mg
Dietary Fibre (g)	5.9g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2865kJ (685Cal)	541kJ (129Cal)
Protein (g)	52.7g	10g
Fat, total (g)	30.2g	5.7g
- saturated (g)	9.4g	1.8g
Carbohydrate (g)	49.3g	9.3g
- sugars (g)	10.1g	1.9g
Sodium (mg)	732mg	138mg
Dietary fibre	5.9g	1.1g

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 | CW17



1



Start the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled pumpkin pieces** 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**.

2



Finish the pumpkin

- Meanwhile, thinly slice **radish**.
- Finely chop **garlic**.
- In a small microwave-safe bowl, place the **butter, garlic** and **chilli flakes** (if using) and microwave in **10 second** bursts, until melted. Season with **salt** and **pepper**, then set aside.
- When pumpkin has **5 minutes** remaining, pour over **chilli garlic butter** and bake until golden.

3



Crumb the schnitzel

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! 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 **chermoula spice blend**.
- Separate **pork schnitzels** (if stuck together) to get two per person.
- Coat **pork** first in the **flour mixture**, followed by the **egg** and finally the **spiced breadcrumbs**. Transfer to a plate.

Custom Recipe: If you've swapped to chicken breast, place 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.

4



Cook the schnitzel

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

TIP: Ensure the oil is hot before cooking the pork schnitzels for best results.

Custom Recipe: Heat frying pan as above. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a plate lined with paper towel.

5



Toss the salad

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

6



Serve up

- Divide chermoula crumbed pork, roast chilli garlic pumpkin and radish salad between plates. Enjoy!

Rate your recipe

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