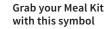


Chermoula Crumbed Pork & Radish Salad

with Roast Chilli Garlic Pumpkin

NEW









Peeled Pumpkin Pieces







(Optional)





Panko Breadcrumbs







Mixed Salad

Leaves

Pork Schnitzels





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

*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.

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 \cdot Large frying pan

Ingredients

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	1/4 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 Bosins		

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





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.



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.



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.



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.



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.



Serve up

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

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate