

Crumbed Pork & Creamy Pesto Dressing with Garlic Roast Veggie Salad

KID FRIENDLY

MEDITERRANEAN

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Potato

Garlic & Herb Seasoning





Baby Leaves

Panko Breadcrumbs

Pork Schnitzels



Aussie Spice

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Creamy Pesto Dressing

Chicken Breast

Prep in: 25-25 mins Ready in: 30-40 mins Eat Me Early* *Custom Recipe only

This is no ordinary schnitzel; tonight's golden crumbed pork dish features a medley of roasted veggies and a drizzle of creamy pesto dressing for extra flair. With flavours like these, you won't be missing your pub schnitty anytime soon!

Pantry items Olive Oil, White Wine Vinegar, Plain Flour, Egg

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

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

<u> </u>		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
kumara	1	2
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
creamy pesto dressing	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)	3194kJ (763Cal)	498kJ (119Cal)
Protein (g)	44.7g	7g
Fat, total (g)	24.2g	3.8g
- saturated (g)	6.2g	1g
Carbohydrate (g)	92.3g	14.4g
- sugars (g)	25.8g	4g
Sodium (mg)	1205mg	188mg
Dietary Fibre (g)	10.3g	1.6g

Custom Recipe

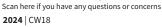
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2991kJ (715Cal)	440kJ (105Cal)
Protein (g)	54.5g	8g
Fat, total (g)	14.4g	2.1g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	93.3g	13.7g
- sugars (g)	25.9g	3.8g
Sodium (mg)	1266mg	186mg
Dietary fibre	10.3g	1.5g

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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut carrot, kumara and potato into bite-sized chunks.
- Place veggies on a lined oven tray and sprinkle over garlic & herb seasoning. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.
- When the veggies are done, add baby leaves and a drizzle of white wine vinegar and olive oil. Toss to combine and season to taste.



Cook the pork

- 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 paper towel-lined plate.



Crumb the pork

- Meanwhile, combine the plain flour and a pinch of salt in a shallow bowl. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs and Aussie spice blend.
- Separate pork schnitzels (if stuck together) to get two 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 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 as above.



Serve up

- Divide garlic roast veggie salad and pork schnitzel between plates.
- Drizzle over creamy pesto dressing to serve. Enjoy!

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