



# BBQ Pork Schnitzel & Apple Slaw

with Sriracha Mayo & Kumara Fries

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Kumara



Apple



Mayonnaise



Sriracha



Barbecue Seasoning



Panko Breadcrumbs



Pork Schnitzels



Asian Slaw Mix



Chicken Breast

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

Eat Me Early\*  
*\*Custom Recipe only*

It's that time of the week, schnitty night! This one involves tender pork, with extra flavour added right into the deliciously golden crumb. Pair it with baked kumara fries, a sweet and crunchy slaw, and a spicy mayo to hit all the right notes.

**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 hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
<b>olive oil*</b>	refer to method	refer to method
kumara	1	2
apple	1	2
mayonnaise	1 medium packet	1 large packet
sriracha	1 medium packet	1 large packet
barbecue seasoning	1 sachet	2 sachets
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
Asian slaw mix	1 medium packet	1 large packet
<b>white wine vinegar*</b>	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)	3114kJ (744Cal)	552kJ (132Cal)
Protein (g)	41.7g	7.4g
Fat, total (g)	27g	4.8g
- saturated (g)	7.2g	1.3g
Carbohydrate (g)	81.6g	14.5g
- sugars (g)	22.9g	4.1g
Sodium (mg)	1117mg	198mg
Dietary Fibre (g)	9.9g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2911kJ (696Cal)	484kJ (116Cal)
Protein (g)	51.5g	8.6g
Fat, total (g)	17.2g	2.9g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	82.6g	13.7g
- sugars (g)	23g	3.8g
Sodium (mg)	1178mg	196mg
Dietary fibre	9.9g	1.6g

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

2024 | CW22



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## Bake the kumara fries

- Preheat oven to **220°C/200°C fan-forced**. Peel **kumara** and cut into thin fries.
- Place **fries** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

2



## Get prepped

- Meanwhile, thinly slice **apple** into sticks.
- In a small bowl, combine **mayonnaise** and **sriracha**, then season with **salt** and **pepper**. Set aside.

3



## Crumb the pork

- In a shallow bowl, combine **barbecue seasoning**, the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **pork schnitzel** first in **spice mixture**, followed by the **egg** and finally in **panko breadcrumbs**. Transfer to a plate.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Crumb as above.

4



## Cook the pork

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base of the pan. Cook **crumbed pork** in batches, until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

**Custom Recipe:** Heat pan as above. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 3-5 minutes each side. Transfer to a paper towel-lined plate.

5



## Toss the slaw

- In a large bowl, combine **Asian slaw mix**, **apple** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

6



## Serve up

- Slice pork schnitzels.
- Divide kumara fries, apple slaw and BBQ pork schnitzels between plates.
- Serve with sriracha mayo. Enjoy!

## Rate your recipe

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