



Smokey Kiwi-Spiced Pork Schnitzel

with Garden Salad & Sriracha Mayo

KIWI FLAVOURS

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your Meal Kit with this symbol



Cucumber



Tomato



Mayonnaise



Sriracha



Kiwi Spice Blend



Panko Breadcrumbs



Pork Schnitzels



Mixed Salad Leaves



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Eat Me Early*
*Custom Recipe only

Who doesn't love a good pork schnitzel? Coated with those smokey Kiwi flavours we know you love, paired with a refreshing garden salad and a supercharged sriracha mayo, we bet this will be a real hit in the household tonight. Who can resist those specially crafted Kiwi flavours!

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
tomato	1	2
mayonnaise	1 medium packet	1 large packet
sriracha	1 medium packet	1 large packet
Kiwi spice blend	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
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)	2640kJ (631Cal)	660kJ (158Cal)
Protein (g)	38.2g	9.6g
Fat, total (g)	40.7g	10.2g
- saturated (g)	9.1g	2.3g
Carbohydrate (g)	26.5g	6.6g
- sugars (g)	4.9g	1.2g
Sodium (mg)	796mg	199mg
Dietary Fibre (g)	4g	1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2437kJ (582Cal)	557kJ (133Cal)
Protein (g)	48g	11g
Fat, total (g)	30.9g	7.1g
- saturated (g)	5.3g	1.2g
Carbohydrate (g)	27.5g	6.3g
- sugars (g)	5g	1.1g
Sodium (mg)	857mg	196mg
Dietary fibre	4g	0.9g

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 | CW23



Get prepped

- Slice **cucumber** into rounds. Roughly chop **tomato**.
- In a small bowl, combine **mayonnaise** and **sriracha**, then season with **salt** and **pepper**. Set aside.



Cook the pork

- Set your air fryer to **200°C**. Place **crumbed pork** into air fryer basket and cook until golden and cooked through, **12-15 minutes**.

TIP: No air fryer? Heat a large frying pan over medium-high heat with enough olive oil to cover the base. Cook crumbed pork in batches, until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.

Custom Recipe: Follow step as above. If you're cooking in a frying pan, heat pan as above. Cook chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side.



Crumb the pork

- In a shallow bowl, combine **Kiwi spice blend**, the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs** and a good drizzle of **olive oil**.
- Coat **pork schnitzel** first in the **spice mixture**, followed by the **egg** and finally in **breadcrumbs**. Transfer to 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 it is an even thickness, about 1cm-thick. Crumb as above.



Serve up

- In a medium bowl, combine **mixed salad leaves**, cucumber, tomato and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt**.
- Slice Kiwi-spiced pork schnitzels.
- Divide garden salad and pork between plates.
- Drizzle over sriracha mayo to serve. Enjoy!

Rate your recipe

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