



# Mumbai Crumbed Pork

with Spiced Roast Veggie Toss & Yoghurt

NEW

KID FRIENDLY

Grab your meal kit with this number

13



Carrot



Parsnip



Kumara



Potato



Sri Lankan Spice Blend



Mumbai Spice Blend



Panko Breadcrumbs



Pork Schnitzels



Baby Leaves



Greek-Style Yoghurt



Chicken Breast



Smooth Dory Fillets

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

A crumbed pork schnitzel is a classic that we'll never get tired of - but who's in for a flavour twist? We are! Let's throw warm Mumbai spices right into the crumb, and serve it alongside spiced roast veggies and cooling yoghurt. Yum!

### 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 handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
carrot	1	2
parsnip	1	2
kumara	1 (medium)	1 (large)
potato	1	2
Sri Lankan spice blend	1 medium sachet	1 large sachet
<b>plain flour*</b>	2 tbs	¼ cup
<b>egg*</b>	1	2
Mumbai spice blend	1 medium sachet	2 medium sachets
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
baby leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2950kJ (705Cal)	510kJ (122Cal)
Protein (g)	46.2g	8g
Fat, total (g)	23.4g	4g
- saturated (g)	6.6g	1.1g
Carbohydrate (g)	78.2g	13.5g
- sugars (g)	22.2g	3.8g
Sodium (mg)	799mg	138mg
Dietary Fibre (g)	8.9g	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](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 | CW27



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot, parsnip, kumara** and **potato** into bite-sized chunks.
- Place **veggies** on a lined oven tray and sprinkle over **Sri Lankan spice blend**. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



## Cook the crumbed 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 and season with a pinch of **salt**.
- Add **baby leaves** to the **roasted veggies** with a drizzle of **white wine vinegar** and toss to combine. Season to taste.

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



## 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, combine **Mumbai spice blend** and **panko breadcrumbs**.
- Separate **pork schnitzels** (if stuck together) to get two per person. Coat **pork** first in **flour mixture**, followed by the **egg** and finally **spiced breadcrumbs**. Transfer to a plate.



## Serve up

- Divide spiced roast veggies and Mumbai crumbed pork between plates.
- Top with a dollop of **Greek-style yoghurt** to serve. Enjoy!

**Little cooks:** Add the finishing touch by dolloping over the yoghurt!

### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



#### SWAP TO SMOOTH DORY FILLETS

Halve each piece. Follow crumbing and cooking method above, cooking for 5-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

