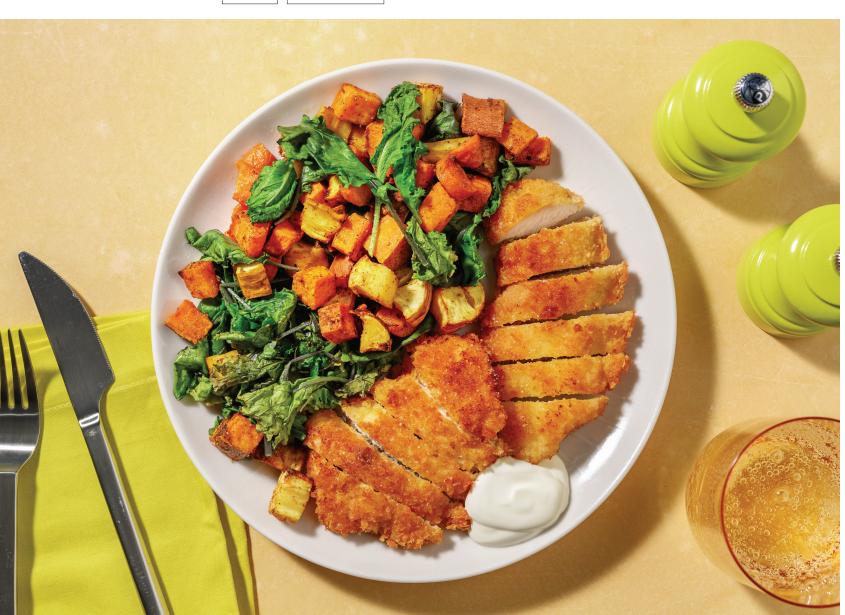


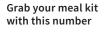
Mumbai Crumbed Pork

with Spiced Roast Veggie Toss & Yoghurt

NEW

KID FRIENDLY













Kumara





Spice Blend



Potato





Pork Schnitzels

Mumbai Spice

Blend

Panko Breadcrumbs



Baby Leaves







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

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	2 People	4 People	
olive oil*	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	
plain flour*	2 tbs	1/4 cup	
egg*	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	
white wine vinegar*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



