



Pork Schnitzel Banh Mi

with Potato Fries & Sriracha Mayo

HALL OF FAME

AIR FRYER FRIENDLY

Grab your meal kit with this number

3



Potato



Carrot



Sweet Soy Seasoning



Panko Breadcrumbs



Pork Schnitzels



Wholemeal Panini



Mixed Salad Leaves



Sriracha



Mayonnaise



Coriander



Chicken Breast



Smooth Dory Fillets

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

Here's a fresh new take on everyone's favourite Vietnamese sandwich - the Banh Mi! Tender crumbed pork cooked to crunchy perfection is nestled into a toasty wholemeal panini with sriracha mayo, zingy pickled carrots and punchy coriander. Who wants a bite?

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Plain Flour, Egg

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

Air fryer or oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
plain flour*	1 tbs	2 tbs
sweet soy seasoning	2 medium packets	4 medium packets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
wholemeal panini	2	4
mixed salad leaves	1 small packet	1 medium packet
sriracha	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3943kJ (942Cal)	654kJ (156Cal)
Protein (g)	51.6g	8.6g
Fat, total (g)	33.4g	5.5g
- saturated (g)	8.7g	1.4g
Carbohydrate (g)	103.1g	17.1g
- sugars (g)	18.7g	3.1g
Sodium (mg)	1443mg	239mg
Dietary Fibre (g)	15g	2.5g

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!

Scan here if you have any questions or concerns

2024 | CW27



Airfry the fries

- Cut **potato** into fries.
- Set your air fryer to **200°C**.
- Place **fries** into the air fryer basket and drizzle with **olive oil**. Season with **salt** and **pepper** and cook for **10 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place fries on a lined oven tray, drizzle with olive oil, season and toss to coat. Spread out evenly, then bake until tender, 20-25 minutes.



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.



Get prepped

- Meanwhile, using a vegetable peeler, slice **carrot** into ribbons. In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Add **carrot** to **pickling liquid** and add enough **water** to just cover. Set aside.
- In a shallow bowl, combine the **plain flour** and **sweet soy seasoning**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Separate **pork schnitzels** (if stuck together) to get two per person. Coat **pork** in **flour mixture**, followed by the **egg** and finally the **breadcrumbs**. Transfer to a plate.



Bring it all together

- Meanwhile, drain **pickled carrot**.
- In a large bowl, combine **carrot ribbons**, **mixed salad leaves** and a drizzle of **olive oil**. Season to taste.
- In a small bowl, combine **sriracha** and **mayonnaise**.



Toast the paninis

- Cut **wholemeal panini** in half lengthways.
- Toast or grill to your liking.



Serve up

- Spread bases of panini with some **sriracha mayo**.
- Top with pickled carrot salad, pork schnitzel and torn **coriander**.
- Serve with any remaining salad and potato fries. Enjoy!

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut 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.

