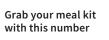


# Pork Jägerschnitzel & Creamy Mushroom Sauce

with Potato Mash & Apple Salad

HALL OF FAME

KIWI FLAVOURS













Button Mushrooms



Kiwi Spice Blend





Panko Breadcrumbs

Pork Schnitzels







Cream

Dijon Mustard



Chicken-Style



Stock Powder



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

## 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

Large saucepan · Large frying pan

# Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
butter*	40g	80g	
milk*	2 tbs	¼ cup	
apple	1	2	
button mushrooms	1 medium packet	1 large packet	
plain flour*	2 tbs	1/4 cup	
Kiwi spice blend	1 sachet	2 sachets	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet	
cream	½ packet	1 packet	
Dijon mustard	½ medium packet	1 medium packet	
chicken-style stock powder	1 medium sachet	1 large sachet	
mixed salad leaves	1 small packet	1 medium packet	
white wine vinegar*	drizzle	drizzle	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4290kJ (1025Cal)	629kJ (150Cal)
Protein (g)	44.5g	6.5g
Fat, total (g)	64.4g	9.4g
- saturated (g)	35.3g	5.2g
Carbohydrate (g)	67.1g	9.8g
- sugars (g)	28.6g	4.2g
Sodium (mg)	1285mg	188mg
Dietary Fibre (g)	6.9g	1g

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.



#### Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of salt.
- Peel potato and cut into large chunks.
- Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
   Drain and return to the pan.
- Add the butter and milk to potato and season with salt. Mash until smooth. Cover to keep warm.



# Make the sauce

- Wipe out frying pan and return to medium-high heat with a drizzle of olive oil. Cook mushrooms until browned and softened, 8-10 minutes.
- Remove pan from heat, add cream (see ingredients), Dijon mustard (see ingredients) and chicken-style stock powder and stir to combine. Season to taste.

ADAPT FOR KIDS: If your kids don't like mushrooms, cook mushrooms as above, transfer to a bowl.

Return frying pan to medium heat, combine ingredients as above, simmer sauce until slightly reduced, 1 minute. Reserve portion of creamy sauce before returning cooked mushrooms to the pan with the creamy sauce, stir to combine. Season to taste.



# Get prepped

- Meanwhile, thinly slice apple and button mushrooms.
- In a shallow bowl, combine the plain flour, Kiwi spice blend and a pinch of salt. 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.



### Cook the schnitzel

- 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.



# Toss the salad

 Meanwhile, combine mixed salad leaves, apple and a drizzle of white wine vinegar and olive oil in a medium bowl. Season to taste.



## Serve up

- Slice pork schnitzel.
- Divide potato mash, pork schnitzels and creamy sauce for the kid's portion.
- Plate up the adult's portion with remaining mash, pork schnitzel, creamy mushroom sauce and apple salad. Enjoy!



ADD SHREDDED CHEDDAR CHEESE
Add cheese to the panko mixture before crumbing.



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

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

