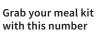


# Smokey Pork Schnitzel & Beetroot Relish with Lemon Crushed Potatoes & Apple Slaw

AIR FRYER FRIENDLY

KID FRIENDLY













Chicken-Style Stock Powder

**Barbecue Seasoning** 





Panko Breadcrumbs

Pork Schnitzels











Shredded Cabbage

Beetroot Relish





Prep in: 15-25 mins Ready in: 25-35 mins

A classic schnitzel is always best served with a side of potatoes. We're jazzing things up tonight by crushing the potatoes with a squeeze of lime juice. Crumb the pork with the barbecue seasoning for a smokey flavour and serve with a sweet and vibrant beetroot relish.

**Pantry items** 

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

#### 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

Medium saucepan with lid · Air fryer or large frying pan

# Ingredients

ingi caici		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
lemon	1/2	1
butter*	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
plain flour*	1 tbs	2 tbs
barbecue seasoning	1 sachet	2 sachets
salt*	1/4 tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
apple	1/2	1
celery	1 stalk	2 stalks
shredded cabbage mix	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
beetroot relish	1 medium packet	2 medium packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g
2968kJ (709Cal)	486kJ (116Cal)
44.5g	7.3g
24.8g	4.1g
11g	1.8g
74.5g	12.2g
30.8g	5g
1635mg	268mg
5.9g	1g
	2968kJ (709Cal) 44.5g 24.8g 11g 74.5g 30.8g 1635mg

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.



#### Cook the potato

- Boil the kettle.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of salt.
- Cut **potato** into large chunks. Slice **lemon** into wedges.
- Cook potato in the boiling water until easily pierced with a fork,
   12-15 minutes. Drain, then return potato to the pan.
- Add the butter, chicken-style stock powder and a generous squeeze of lemon juice and toss to coat. Lightly crush potato with a potato masher or fork. Cover to keep warm.



# Cook the pork

 Set your air fryer to 200°C. Place pork schnitzel into air fryer basket and cook, turning halfway, 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 pork schnitzel in batches, until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.



# Crumb the pork

- Meanwhile, whisk the plain flour, barbecue seasoning, the salt and egg in a shallow bowl until combined.
- In a second shallow bowl, place panko breadcrumbs and olive oil (2 tbs for 2 people / ¼ cup for 4 people).
- Pull apart **pork schnitzels** so you get 2 per person.
- Coat pork first in the egg mixture, followed by the panko breadcrumbs.
   Transfer crumbed pork to a plate.

TIP: No air fryer? Leave the oil out of the panko mixture!



### Serve up

- Meanwhile, thinly slice apple (see ingredients) and celery.
- In a large bowl, combine shredded cabbage mix, apple, celery and a drizzle
  of vinegar and olive oil. Season with salt and pepper.
- Divide pork, lemon crushed potatoes and apple slaw between plates.
- · Serve with beetroot relish. Enjoy!







Cut chicken horizontally into steaks. Follow crumbing and cooking method above.



In a large frying pan with a drizzle of olive oil, cook, tossing, until softened, 5-6 minutes. Add to slaw.

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

