



Smokey Pork Schnitzel & Beetroot Relish

with Lemon Crushed Potatoes & Apple Slaw

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

33



Potato



Lemon



Chicken-Style Stock Powder



Barbecue Seasoning



Panko Breadcrumbs



Pork Schnitzels



Apple



Celery



Shredded Cabbage Mix



Beetroot Relish



Chicken Breast



Cheddar Cheese

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

Protein Rich

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 lemon juice. Crumb the pork with the barbecue seasoning for a smoky flavour and serve with a sweet and vibrant beetroot relish to bring the flavours together and make them sing!

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 · Air fryer or Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
lemon	½	1
butter*	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
plain flour*	1 tbs	2 tbs
barbecue seasoning	1 medium sachet	2 medium sachets
salt*	¼ 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	½	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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2968kJ (709Cal)	486kJ (116Cal)
Protein (g)	44.5g	7.3g
Fat, total (g)	24.8g	4.1g
- saturated (g)	11g	1.8g
Carbohydrate (g)	74.5g	12.2g
- sugars (g)	30.8g	5g
Sodium (mg)	1635mg	268mg
Dietary Fibre (g)	5.9g	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



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 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.

Little cooks: Get those muscles working and help crush the potatoes!



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 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** (2tbs 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.

Little cooks: Help crumb the pork!



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 smokey pork schnitzel, lemon crushed potatoes and apple slaw between plates. Serve with **beetroot relish**. Enjoy!

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 12-15 minutes.



ADD CHEDDAR CHEESE

Sprinkle over before serving.

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

