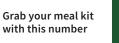


Smokey Pork Schnitzel & Beetroot Relish with Lemon Crushed Potatoes & Apple Slaw

AIR FRYER FRIENDLY

KID FRIENDLY













Chicken-Style Stock Powder









Panko Breadcrumbs

Pork Schnitzels





Celery





Cabbage Mix

Beetroot Relish









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 smokey 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

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	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 medium sachet	2 medium 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	

*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.



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!







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



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

