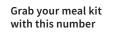


Pork Schnitzel & Veggie Fries with Sautéed Cabbage & Garlic Aioli

NEW

AIR FRYER FRIENDLY











Seasoning



Panko Breadcrumbs

Pork Schnitzels



Shredded Cabbage



Parsley



Garlic Aioli





Prep in: 25-35 mins Ready in: 30-40 mins

Calorie Smart



Schnitzel and chips is a classic, but this version's had a makeover! Veggie fries are a twist on the typical, with carrot and parsnip bringing sweetness and colour. And lets not forget the sautéed cabbage, cooked down with Asian flavours for a sweet and savoury finish. We think we're on to a winner!

Pantry items

Olive Oil, Plain Flour, Egg, Soy Sauce

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 \cdot Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	4
parsnip	1	2
garlic	2 cloves	4 cloves
plain flour*	2 tbs	¼ cup
sweet soy seasoning	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
shredded cabbage mix	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
soy sauce*	1 tsp	2 tsp
parsley	1 packet	1 packet
garlic aioli	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2709kJ (647cal)	311kJ (74cal)
Protein (g)	38g	4.4g
Fat, total (g)	33.9g	3.9g
- saturated (g)	7.1g	0.8g
Carbohydrate (g)	49.4g	5.7g
- sugars (g)	19.6g	2.2g
Sodium (mg)	839mg	96.3mg
Dietary Fibre (g)	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.



Air fry the veggie fries

- Cut carrot and parsnip into fries.
- Set your air fryer to 200°C. Place veggies into the air fryer basket, drizzle with olive oil, season with salt, and cook for 10 minutes. Shake the basket, then cook until tender, a further
 5-10 minutes.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Prep veggies as above. Place veggie fries on a lined tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.



Get prepped

• Meanwhile, finely chop garlic.



Prep the pork

- In a shallow bowl, combine the plain flour, sweet soy seasoning and a pinch of salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Pull apart pork schnitzels so you get 2 per person. Coat pork in flour mixture, followed by the egg and finally the panko breadcrumbs. Transfer to a plate.



Cook the cabbage

- Heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook shredded cabbage mix, until softened,
 3-4 minutes.
- Add garlic and cook until fragrant, 1 minute.
- Add sweet chill sauce, the soy sauce and cook until combined, 1-2 minutes. Transfer to a bowl and cover to keep warm.



Cook the pork

- Wipe out and return frying pan to high heat with enough olive oil to cover the base.
- When oil is hot, cook pork schnitzel in batches, until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.



Serve up

- Slice pork schnitzel.
- Divide pork schnitzel, veggie fries and sautéed cabbage between plates.
- Tear over parsley leaves and serve with garlic aioli. Enjoy!



CUSTOM OPTIONS

Cook with veggie fries, following method above.



SWAP TO CHICKEN BREAST

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.

