



# Pork Schnitzel & Veggie Fries

with Sautéed Cabbage & Garlic Aioli

NEW

AIR FRYER FRIENDLY

Grab your meal kit with this number

33



Carrot



Parsnip



Garlic



Sweet Soy Seasoning



Panko Breadcrumbs



Pork Schnitzels



Shredded Cabbage Mix



Sweet Chilli Sauce



Parsley



Garlic Aioli



Peeled Pumpkin Pieces



Chicken Breast

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

Protein Rich

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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	2	4
parsnip	1	2
garlic	2 cloves	4 cloves
<b>plain flour*</b>	2 tbs	¼ cup
sweet soy seasoning	1 sachet	2 sachets
<b>egg*</b>	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
<b>soy sauce*</b>	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.*

4



## 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.

2



## Get prepped

- Meanwhile, finely chop **garlic**.

5



## 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.

3



## 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.

6



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



## CUSTOM OPTIONS

- ➕ **ADD PEELED PUMPKIN PIECES**  
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.

