



Pork Schnitzel & Cheddar Potatoes

with Onion Gravy & Avocado Salad

Grab your meal kit with this number

3



Potato



Shredded Cheddar Cheese



Panko Breadcrumbs



Barbecue Seasoning



Pork Schnitzels



Onion



Gravy Granules



Avocado



Mixed Salad Leaves



Chicken Breast



Diced Bacon

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

There you have it, a pork schnitzel and roast potato feast, but there's a surprise hidden in here, ready to entertain you with dazzling flavours. It's all in the Cheddar melted over the potatoes and a caramelised onion sauce for the pork. Sorry for spoiling the surprise but we couldn't contain our excitement!

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
shredded Cheddar cheese	1 medium packet	1 large packet
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
barbecue seasoning	1 medium sachet	2 medium sachets
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
onion	½	1
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup
avocado	1 small	1 large
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3360kJ (803cal)	339kJ (81cal)
Protein (g)	49.3g	5g
Fat, total (g)	36.9g	3.7g
- saturated (g)	12.1g	1.2g
Carbohydrate (g)	68.1g	6.9g
- sugars (g)	21.1g	2.1g
Sodium (mg)	1192mg	120.4mg
Dietary Fibre (g)	8.2g	0.8g

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.

1



Bake the crushed potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until just tender, **18-20 minutes**.
- Lightly crush the **semi-roasted potatoes** on the tray. Sprinkle with **shredded Cheddar cheese**. Return to oven and bake until golden, a further **8-10 minutes**.

4



Cook the pork schnitzel

- Wipe out the frying pan and return to high heat with enough **olive oil** to coat the base.
- Cook **pork schnitzels** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

2



Crumb the pork

- While the potatoes are baking, combine the **plain flour** and a pinch of **salt** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs** and **barbecue seasoning**.
- Pull apart **pork schnitzels** (if stuck together).
- Coat each **pork schnitzel** first in the **flour mixture**, followed by the **egg** and finally the **spiced breadcrumbs**. Transfer to a plate.

5



Make the salad

- While the schnitzel is cooking, slice **avocado** in half, scoop out flesh and roughly chop.
- In a large bowl, combine **avocado**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.

3



Make the gravy

- Boil the kettle.
- Thinly slice **onion** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until tender, **6-7 minutes**. Set aside.
- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.
- Add **onion** and stir to combine. Cover to keep warm and set aside.

6



Serve up

- Slice pork schnitzel.
- Divide pork schnitzel, Cheddar crushed potatoes and avocado salad between plates.
- Top pork with onion gravy to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Add to salad.

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

