



# Pork Schnitzel & Zingy Apple Slaw Panini

with Potato Wedges & Garlic Aioli

NEW

Grab your meal kit  
with this number

11



Potato



Barbecue Seasoning



Panko Breadcrumbs



Pork Schnitzels



Apple



Wholemeal Panini



Shredded Cabbage  
Mix



Garlic Aioli



Chicken  
Breast



Diced  
Bacon

Prep in: 15-25 mins  
Ready in: 30-40 mins

This pork schnitzel sando is our crunchiest creation yet. Golden crumbed schnitzel and a crisp, refreshing slaw come together in the middle of a perfectly toasted panini for the ultimate handheld meal. That first crunch will be heard throughout the house!

## Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>plain flour*</b>	2 tbs	¼ cup
barbecue seasoning	1 medium sachet	2 medium 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
apple	1	2
wholemeal panini	2	4
shredded cabbage mix	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3923kJ (938cal)	350kJ (84cal)
Protein (g)	53.2g	4.8g
Fat, total (g)	29g	2.6g
- saturated (g)	8g	0.7g
Carbohydrate (g)	110.5g	9.9g
- sugars (g)	32.8g	2.9g
Sodium (mg)	1355mg	121mg
Dietary Fibre (g)	11.6g	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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



1



## Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.

3



## Toss the slaw

- Thinly slice **apple**. Cut **wholemeal panini** in half lengthways.
- Place **panini** directly on wire rack in the oven and bake until heated through, **5-8 minutes**.
- In a bowl, combine **shredded cabbage mix**, **apple**, a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

2



## Make the schnitzel

- Meanwhile, in a shallow bowl, combine the **plain flour**, **barbecue 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** (you should get 2 per person).
- Coat **pork** first in the **flour**, followed by the **egg** and finally the **breadcrumbs**. Transfer to a plate.
- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base. Cook **pork schnitzels** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Add extra oil if needed so the schnitzel does not stick to the pan.

4



## Serve up

- Spread panini base with **garlic aioli**.
- Top with pork schnitzel and zingy apple slaw.
- Serve with potato wedges. Enjoy!

## CUSTOM OPTIONS



### SWAP TO CHICKEN BREAST

Cut horizontally into steaks. Crumb and cook as above, 3-6 minutes each side.



### ADD DICED BACON

Cook, breaking up with a spoon, until browned, 4-5 minutes. Add to slaw.

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

