



# Spiced Pork Schnitzel & Oven-Baked Wedges

with Celery Slaw & Garlic Aioli

NEW

KID FRIENDLY

Grab your meal kit  
with this number

33



Potato



Celery



Carrot



Parsley



Mumbai Spice  
Blend



Panko Breadcrumbs



Pork Schnitzels



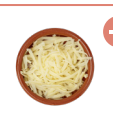
Shredded Cabbage  
Mix



Garlic Aioli



Chicken  
Breast



Cheddar  
Cheese

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

It's time for another twist on a schnitzel! These tender pieces of pork are coated in a golden crumb with Mumbai spices throughout. We've kept the sides simple and classic, because really, how do you compete with wedges and slaw for the perfect schnitzel accompaniments.

## 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
celery	½ stalk	1 stalk
carrot	1	2
parsley	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
<b>plain flour*</b>	1 tbs	2 tbs
<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
<b>white wine vinegar*</b>	drizzle	drizzle
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3195kJ (764cal)	359kJ (86cal)
Protein (g)	44.2g	5g
Fat, total (g)	36.8g	4.1g
- saturated (g)	7.9g	0.9g
Carbohydrate (g)	63.4g	7.1g
- sugars (g)	23g	2.6g
Sodium (mg)	1852mg	208.3mg
Dietary Fibre (g)	5.2g	0.6g

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://www.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 wedges

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

2



## Get prepped

- While the wedges are baking, thinly slice **celery** (see ingredients).
- Grate **carrot**.
- Roughly chop **parsley**.

3



## Crumb the pork

- In a shallow bowl, combine **Mumbai spice blend** and the **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**.
- Separate the **pork schnitzels** (they may be stuck together). Coat **pork** in the **flour mixture**, followed by the **egg** and finally in the **panko breadcrumbs**. Transfer to a plate.

4



## Cook the pork

- Heat a large frying pan over a high heat with enough **olive oil** to coat the base of the pan.
- When the oil is hot, cook **pork**, in batches, until golden and cooked through, **2-3 minutes** each side.
- Transfer to a paper towel-lined plate and sprinkle with a pinch of **salt**.

**TIP:** Add extra olive oil between batches if needed.

5



## Make the salad

- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil** and a pinch of **salt**.
- Add **shredded cabbage mix**, **celery**, **carrot** and **parsley** (reserve a pinch for garnish)

6



## Serve up

- Divide spiced pork schnitzels, oven-baked wedges and celery slaw between plates.
- Serve with **garlic aioli** and garnish with reserved parsley. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

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



#### ADD CHEDDAR CHEESE

Sprinkle over before serving.

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

