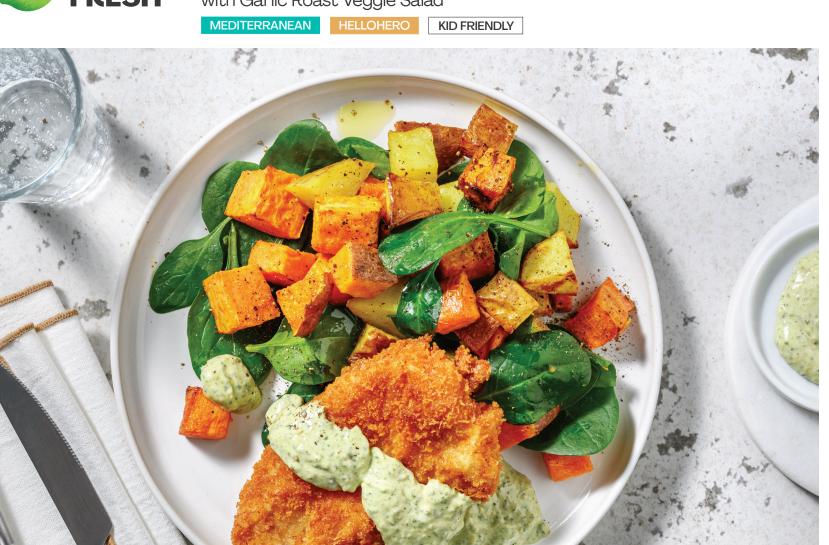


Pork Schnitzel & Creamy Pesto Dressing

with Garlic Roast Veggie Salad



Grab your meal kit with this number













Potato

Garlic & Herb Seasoning





Panko Breadcrumbs

Lemon Pepper Spice Blend





Pork Schnitzels

Baby Leaves



Creamy Pesto Dressing



Chicken Breast



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
olive oil*	refer to method	refer to method
carrot	1	2
kumara	1 (medium)	2 (medium)
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
plain flour*	2 tbs	1/4 cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
lemon pepper spice blend	1 large sachet	2 large sachets
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
creamy pesto dressing	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3213kJ (768cal)	305kJ (73cal)
Protein (g)	45.6g	4.3g
Fat, total (g)	23.9g	2.3g
- saturated (g)	6.2g	0.6g
Carbohydrate (g)	92.7g	8.8g
- sugars (g)	27.9g	2.6g
Sodium (mg)	1554mg	147.4mg
Dietary Fibre (g)	8.3g	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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot, kumara and potato into bite-sized chunks.
- Place veggies on a lined oven tray and sprinkle over garlic & herb seasoning. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender, 20-25 minutes.



Cook the pork

- Heat a large frying pan over medium-high heat with enough olive oil to coat the base.
- When oil is hot, cook pork schnitzels in batches until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.

TIP: Ensure the oil is hot before cooking the pork schnitzels for best results.



Get prepped

- Meanwhile, 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 lemon pepper spice blend.
- Separate pork schnitzels (if stuck together) to get two per person. Coat pork first in flour mixture, followed by the egg and finally the panko breadcrumbs. Transfer to a plate.



Serve up

- When the veggies are done, add baby leaves and a drizzle of white wine vinegar and olive oil. Toss to combine and season to taste.
- Divide garlic roast veggie salad and pork schnitzel between plates.
- Drizzle over creamy pesto dressing to serve. Enjoy!







