



Pork Schnitzel & Pesto Dressing

with Garlic Roast Veggie Salad

MEDITERRANEAN

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

38



Carrot



Potato



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Baby Leaves



Panko Breadcrumbs



Lemon Pepper Spice Blend



Pork Schnitzels



Creamy Pesto Dressing



Grated Parmesan Cheese



Chicken Breast

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

This is no ordinary schnitzel; tonight's golden crumbed pork dish features a medley of roasted veggies and a drizzle of creamy pesto dressing for extra flair. With flavours like these, you won't be missing your pub schnitty anytime soon!

Pantry items

Olive Oil, White Wine Vinegar, Plain Flour, Egg

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
potato	2	4
peeled pumpkin pieces	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
plain flour*	2 tbs	¼ 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
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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **potato** into bite-sized chunks.
- Place **carrot**, **potato** and **peeled pumpkin pieces** 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**.
- 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.

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

3



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.

CUSTOM OPTIONS

+ **ADD GRATED PARMESAN CHEESE**
Add cheese to the panko mixture before crumbing.

↻ **SWAP TO CHICKEN BREAST**
Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

2



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, combine **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**, then finally into the **panko mixture**. Transfer **pork** to a plate.

4



Serve up

- Divide garlic roast veggie salad and pork schnitzel between plates.
- Drizzle over **creamy pesto dressing** to serve. Enjoy!

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

