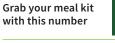


MEDITERRANEAN

HELLOHERO

KID FRIENDLY











Potato



Peeled Pumpkin

Pieces







Baby Leaves

Panko Breadcrumbs





Lemon Pepper Spice Blend

Pork Schnitzels









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

in ign concrite		
	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	⅓ 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

rving Per 100g
768cal) 305kJ (73cal)
6g 4.3g
9g 2.3g
g 0.6g
7g 8.8g
9g 2.6g
mg 147.4mg
g 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 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.



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, 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.



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.

