



# Pork Schnitzel & Cheddar Potatoes

with Onion Gravy & Avocado Salad

Grab your meal kit with this number

3



Potato



Shredded Cheddar Cheese



Onion



Gravy Granules



Panko Breadcrumbs



Aussie Spice Blend



Pork Schnitzels



Avocado



Mixed Salad Leaves



Chicken Breast



Diced Bacon

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

There you have it, a pork schnitzel and roast potato feast, but there's a surprise hidden in here, ready to entertain you with dazzling flavours. It's all in the Cheddar melted over the potatoes and a caramelised onion sauce for the pork. Sorry for spoiling the surprise but we couldn't contain our excitement!

### Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Balsamic)

## 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
shredded Cheddar cheese	1 medium packet	2 medium packets
onion	½	1
gravy granules	1 sachet	2 sachet
<b>plain flour*</b>	2 tbs	¼ cup
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
<b>boiling water*</b>	½ cup	1 cup
avocado	1 (small)	1 (large)
mixed salad leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3360kJ (803cal)	339kJ (81cal)
Protein (g)	49.3g	5g
Fat, total (g)	36.9g	3.7g
- saturated (g)	12.1g	1.2g
Carbohydrate (g)	68.1g	6.9g
- sugars (g)	21.1g	2.1g
Sodium (mg)	1192mg	120.4mg
Dietary Fibre (g)	8.2g	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](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 | CW43



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## Bake the crushed potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until just tender, **18-20 minutes**.
- Lightly crush the **semi-roasted potatoes** on the tray. Sprinkle with **shredded Cheddar cheese**. Return to oven and bake until golden, a further **8-10 minutes**.

4



## Cook the pork schnitzel

- Wipe out the frying pan and return to high heat with enough **olive oil** to coat 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 between batches if necessary.

2



## Crumb the pork

- While the **potatoes** are baking, 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 **Aussie spice blend**.
- Pull apart **pork schnitzels** (if stuck together).
- Coat each **pork schnitzel** first in the **flour mixture**, followed by the **egg** and finally the **spiced breadcrumbs**. Transfer to a plate.

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## Make the salad

- While the schnitzel is cooking, slice **avocado** in half, scoop out flesh and roughly chop.
- In a large bowl, combine **avocado**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.

3



## Make the gravy

- Boil the kettle.
- Thinly slice **onion** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until tender, **6-7 minutes**.
- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.
- Add **onion** and stir to combine. Cover to keep warm and set aside.

6



## Serve up

- Slice pork schnitzel.
- Divide pork schnitzel, Cheddar crushed potatoes and avocado salad between plates.
- Top pork with onion gravy to serve. Enjoy!

### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

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



#### ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Add to salad.

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

