

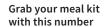
Pork Schnitzel & Pesto Dressing

with Garlic Roast Veggie Salad

MEDITERRANEAN

KID FRIENDLY















Potato

Garlic & Herb Seasoning





Baby Leaves

Panko Breadcrumbs





Lemon Pepper Spice Blend

Pork Schnitzels



Creamy Pesto Dressing



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

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

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	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	
baby leaves	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
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	
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.
- When the veggies are done, add baby leaves to the tray, along with a drizzle
 of white wine vinegar and olive oil. Toss to combine and season to taste.

TIP: If your tray is crowded, divide the veggies between two oven 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 and finally into the panko mixture. Transfer to a plate.



Serve up

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





