



# Easy As Smokey Crumbed Pork Salad

with Avocado & Herby Mayonnaise

SUMMER SALADS

KIWI FLAVOURS

Grab your meal kit  
with this number

14



Avocado



Capsicum



Kiwi Spice Blend



Panko Breadcrumbs



Pork Schnitzels



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Grated Parmesan Cheese



Diced Bacon

Prep in: **20-30 mins**  
Ready in: **25-35 mins**

Schnitzel and salad? Yes please! Let's cook up some golden crumbed pork and serve it on a bed of crisp mixed leaves, pan-fried capsicum and creamy avo. Drizzle on the herby mayo for a fresh twist that'll make your taste buds dance. Smokey, zesty, and downright delicious - dig in!

## 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
avocado	1 (small)	1 (large)
capsicum	1	2
Kiwi spice blend	1 sachet	2 sachets
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2970kJ (1017cal)	1017kJ (348cal)
Protein (g)	35g	12g
Fat, total (g)	53.7g	18.4g
- saturated (g)	9.9g	3.4g
Carbohydrate (g)	22g	7.5g
- sugars (g)	2.3g	0.8g
Sodium (mg)	285mg	97.6mg
Dietary Fibre (g)	3.8g	1.3g

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.

1



## Prep the veggies

- Slice **avocado** in half, scoop out flesh and thinly slice.
- Thinly slice **capsicum**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **capsicum**, tossing, until tender, **4-5 minutes**. Transfer to a large bowl.

3



## Cook the crumbed pork

- Return frying pan to medium-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:** Ensure the oil is hot before cooking the pork schnitzels for best results!

2



## Prep the crumbed pork

- Meanwhile, in a shallow bowl, combine **Kiwi spice blend** and the **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **pork schnitzels** into **flour mixture** to coat, followed by the **egg** and finally into the **breadcrumbs**. Set aside on a plate.

4



## Finish & serve

- Slice pork.
- To the bowl with the capsicum, add **mixed salad leaves** and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide salad between bowls.
- Top with avocado and smokey crumbed pork.
- Drizzle over **dill & parsley mayonnaise** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



### CUSTOM OPTIONS

**+** ADD GRATED PARMESAN CHEESE  
Sprinkle over before serving.

**+** ADD DICED BACON  
In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

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

