



# Smokey Pork Schnitzel & Cucumber Cos Salad

with Avocado & Balsamic Glaze

KIWI FLAVOURS

NEW

Grab your meal kit with this number

14



Cos Lettuce



Avocado



Cucumber



Kiwi Spice Blend



Panko Breadcrumbs



Pork Schnitzels



Balsamic Glaze



Mayonnaise



Grated Parmesan Cheese



Diced Bacon



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

Protein Rich

Crispy, crunchy, golden and delicious - what could it be? It's a juicy pork schnitzel, with our smokey Kiwi spice blend cooked right into the crumb. This showstopper is perfectly paired with a simple cos salad, with creamy avocado and refreshing cucumber. Grab a fork and dig in!

### 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cos lettuce	1 head	2 heads
avocado	1 (small)	1 (large)
cucumber	1 (medium)	1 (large)
<b>plain flour*</b>	1 tsp	2 tsp
Kiwi spice blend	1 sachet	2 sachets
<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
balsamic glaze	1 packet	2 packets
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3034kJ (725Cal)	646kJ (154Cal)
Protein (g)	40.6g	8.7g
Fat, total (g)	45.8g	9.8g
- saturated (g)	9.9g	2.1g
Carbohydrate (g)	36g	7.7g
- sugars (g)	11.6g	2.5g
Sodium (mg)	783mg	167mg
Dietary Fibre (g)	8.8g	1.9g

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

2025 | CW06



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## Get prepped

- Roughly shred **cos lettuce**. Slice **avocado** in half, scoop out flesh and thinly slice. Slice **cucumber** into half-moons.
- In a shallow bowl, combine the **plain flour** and **Kiwi spice blend**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Separate **pork schnitzels** (if stuck together) to get two per person. Coat **pork** first in **flour mixture**, followed by the **egg** and finally the **breadcrumbs**. Transfer to a plate.

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## Toss the salad

- Meanwhile, in a large bowl, combine **cos lettuce**, **avocado**, **cucumber**, **balsamic glaze** and a drizzle of **vinegar** and **olive oil**. Season to taste.

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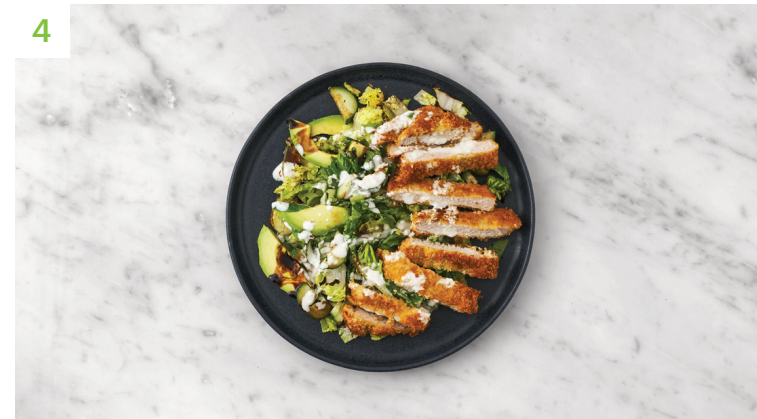


## Cook the pork

- 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.

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## Finish & serve

- Slice pork.
- Divide cucumber cos salad between plates. Top with smokey pork schnitzel.
- Drizzle over **mayonnaise** to serve. Enjoy!

## 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.

