



Pork Schnitzel & Herby Mash

with Garlicky Veggies & Garlic Hollandaise

HELLOHERO

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

43



Potato



Parsley



Carrot



Baby Broccoli



Garlic



Hollandaise



Seasoning Blend



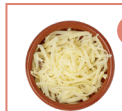
Panko Breadcrumbs



Pork Schnitzels



Baby Leaves



Shredded Cheddar Cheese



Chicken Breast

Prep in: 35-45 mins
Ready in: 40-50 mins

Here's a neat trick: when you're crumbing food, use one hand for the wet ingredients and the other for the dry so you don't end up with fingers that look like hotdogs! Give it a try when you make these golden pork schnitzels.

Pantry items

Olive Oil, Butter, Milk, Plain Flour, Egg

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

Medium saucepan · Large frying pan · Air fryer

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsley	1 packet	1 packet
butter*	40g	80g
milk*	2½ tbs	5 tbs
carrot	1	2
baby broccoli	½ medium bunch	1 medium bunch
garlic	3 cloves	6 cloves
hollandaise	1 packet	2 packets
plain flour*	2 tbs	4 tbs
seasoning blend	½ sachet	1 sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
baby leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4021kJ (961Cal)	601kJ (143Cal)
Protein (g)	47.4g	7.1g
Fat, total (g)	53.3g	8g
- saturated (g)	18.3g	2.7g
Carbohydrate (g)	71.7g	10.7g
- sugars (g)	34g	5.1g
Sodium (mg)	1118mg	167mg
Dietary Fibre (g)	11.8g	1.8g

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.



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water.
- Peel **potato**, then cut into large chunks.
- Roughly chop **parsley**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return **potato** to the pan.
- Add the **butter** and **milk** to the potato, then season generously with **salt**. Mash until smooth. Stir through **parsley**, then cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **baby broccoli**, tossing, until tender, **5-6 minutes**.
- Add **baby leaves** and the remaining **garlic** and cook until fragrant, **1-2 minutes**. Season to taste, then transfer to a bowl and cover to keep warm.



Get prepped

- While the potato is cooking, thinly slice **carrot** into half-moons. Halve any thicker **baby broccoli** stalks lengthways. Finely chop **garlic**.
- In a small microwave-safe bowl, place half the **garlic** and a generous drizzle of **olive oil**. Microwave in **10-second** bursts or until warmed through.
- Transfer **garlic oil** to another small bowl, then add **hollandaise** and stir to combine. Season to taste and set aside.

Little cooks: Take charge and help stir the Hollandaise!



Fry the pork schnitzels

- Set air fryer to **200°C**.
- Place **crumbed pork** into air fryer basket and brush or spray with **olive oil**. Cook until golden and cooked through, **12-15 minutes**.

TIP: No air fryer? Return frying pan to medium heat with enough olive oil to coat the base. Cook pork schnitzels in batches until golden and cooked through, 1-2 minutes each side.



Crumb the pork

- In a shallow bowl, combine the **plain flour**, **seasoning blend** (see ingredients) and a pinch of **salt** and **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Pull apart **pork schnitzels** (if stuck together).
- Coat each **pork schnitzel** first in the **flour mixture**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.



Finish & serve

- Divide herby mash between plates. Top with pork schnitzels and garlicky veggies.
- Drizzle with garlic hollandaise to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS

+ ADD SHREDDED CHEDDAR CHEESE
Sprinkle over before serving.

↻ SWAP TO CHICKEN BREAST

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

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

