



BBQ Pork Schnitzel

with Garden Salad & Sriracha Mayo

Grab your Meal Kit with this symbol



Tomato



Cucumber



Mayonnaise



Sriracha



Barbecue Seasoning



Panko Breadcrumbs



Pork Schnitzels



Mixed Salad Leaves

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Carb Smart

Who doesn't love a good pork schnitzel? Coated with a smoky BBQ-spiced crumb, paired with a refreshing garden salad and a supercharged sriracha mayo, we bet this will be a real hit in the household tonight.

Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
cucumber	1 (medium)	1 (large)
mayonnaise	1 packet (40g)	1 packet (80g)
sriracha	1 packet (20g)	1 packet (40g)
barbecue seasoning	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	¾ packet	¾ packet
pork schnitzels	1 packet	1 packet
mixed salad leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1882kJ (450Cal)	474kJ (113Cal)
Protein (g)	47.1g	11.9g
Fat, total (g)	16.8g	4.2g
- saturated (g)	3.4g	0.9g
Carbohydrate (g)	24.7g	6.2g
- sugars (g)	5.3g	1.3g
Sodium (mg)	1067mg	269mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

- Thinly slice **tomato** and **cucumber**.
- In a small bowl, combine **mayonnaise** and **sriracha**, then season with **salt** and **pepper**. Set aside.



Cook the pork & make the salad

- Heat a large frying pan over a medium-high heat with enough **olive oil** to cover the base of the pan.
- Cook **crumbed pork** in batches until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel.
- Meanwhile, combine **mixed salad leaves**, **tomato**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season with **salt**.

TIP: Add extra oil between batches if the pork is sticking to the pan.



Crumb the pork

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



Serve up

- Slice BBQ pork schnitzels.
- Divide garden salad and pork between plates.
- Drizzle over sriracha mayo to serve.

Enjoy!