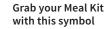


# Bombay Pork Schnitzel

with Cauliflower Roast Veggie Toss & Garlic Yoghurt













**Curry Powder** 





Panko Breadcrumbs

Mumbai Spice Blend

Yoghurt





**Baby Spinach** Leaves



Pork Schnitzels



The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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



Flavour pow, flavour bam, flavour crunch! This schnitty has it all, a world of tastes from our curry powder and Mumbai spice, cooled off in a yoghurt and veggie toss. The fluffy white tufts of roasted cauliflower rounds everything out.

#### **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

Oven tray lined with baking paper · Large frying pan

## Ingredients

| 9                      |                     |                     |
|------------------------|---------------------|---------------------|
|                        | 2 People            | 4 People            |
| olive oil*             | refer to method     | refer to method     |
| cauliflower            | 1 portion<br>(200g) | 1 portion<br>(400g) |
| carrot                 | 1                   | 2                   |
| curry powder           | 1 sachet            | 2 sachets           |
| garlic                 | 2 cloves            | 4 cloves            |
| Greek-style<br>yoghurt | 1 medium packet     | 1 large packet      |
| plain flour*           | ½ tbs               | 1 tbs               |
| egg*                   | 1                   | 2                   |
| panko<br>breadcrumbs   | ¾ packet            | ¾ packet            |
| Mumbai spice<br>blend  | 1 sachet            | 2 sachets           |
| pork schnitzels        | 1 packet            | 1 packet            |
| baby spinach<br>leaves | 1 medium bag        | 1 large bag         |
| white wine<br>vinegar* | drizzle             | drizzle             |

<sup>\*</sup>Pantry Items

#### **Nutrition**

| Avg Qty           | Per Serving     | Per 100g             |
|-------------------|-----------------|----------------------|
| Energy (kJ)       | 1871kJ (447Cal) | <b>396kJ</b> (95Cal) |
| Protein (g)       | 51.9g           | 11g                  |
| Fat, total (g)    | 9.4g            | 2g                   |
| - saturated (g)   | 3.3g            | 0.7g                 |
| Carbohydrate (g)  | 39.1g           | 8.3g                 |
| - sugars (g)      | 11.5g           | 2.4g                 |
| Sodium (mg)       | 549mg           | 116mg                |
| Dietary Fibre (g) | 6.5g            | 1.4g                 |
|                   |                 |                      |

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 220°C/200°C fan-forced.
- Cut **cauliflower** into small florets. Cut **carrot** into bite-sized chunks.
- Place veggies on a lined oven tray. Sprinkle over curry powder, drizzle with olive oil and season with salt.
- Toss to coat, spread out evenly, then roast until tender and brown around edges, 20-25 minutes.



## Make the garlic yoghurt

- Meanwhile, finely chop garlic.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook garlic until fragrant, 1 minute.
- Transfer garlic oil to a small bowl, then add Greek-style yoghurt and stir to combine.
  Season to taste.



## Crumb the pork

- In a shallow bowl, combine the plain flour and a pinch of salt.
- In a second shallow bowl, whisk the egg.
- In a third shallow bowl, combine panko breadcrumbs (see ingredients) and Mumbai spice blend.
- Pull apart pork schnitzels so you get 2 per person. Coat pork first in flour mixture, followed by the egg, and finally panko breadcrumbs. Transfer to a plate.



#### Cook the pork

- When veggies have 5 minutes remaining, return the frying pan to high heat with enough olive oil to coat the base.
- Cook pork schnitzel in batches, until golden and cooked through, 2-3 minutes each side. Transfer to a paper towel-lined plate.



## Add the baby spinach

 When the roasted veggies are done, add baby spinach leaves and a drizzle of white wine vinegar to the oven tray. Toss to combine.



#### Serve up

- Slice pork schnitzel.
- Divide Bombay pork schnitzel and cauliflower roast veggie toss between plates.
- Dollop with garlic yoghurt to serve. Enjoy!

