

# Bombay Pork Schnitzel

with Cauliflower Roast Veggie Toss & Garlic Yoghurt

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Curry Powder



Garlic



Panko Breadcrumbs



Mumbai Spice Blend



Baby Spinach Leaves



Greek-Style Yoghurt



Pork Schnitzels

**Recipe Update**

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

Carb Smart

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

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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1871kJ (447Cal)	396kJ (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](https://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**.



## 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.



## 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.



## 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.



## 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.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

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