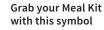


Chimichurri Pork Schnitzel & Veggie Fries

with Tomato Salad & Garlic Dip









Parsnip







Beetroot

Chimichurri Seasoning





Panko Breadcrumbs

Pork Schnitzels





Mixed Leaves



Garlic Dip

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 \cdot Large frying pan

Ingredients

mg.carenes			
	2 People	4 People	
olive oil*	refer to method	refer to method	
parsnip	1	2	
courgette	1	2	
beetroot	1	2	
chimichurri seasoning	1 sachet	2 sachets	
plain flour*	½ tbs	1 tbs	
salt*	1/4 tsp	½ tsp	
egg*	1	2	
panko breadcrumbs	¾ packet	¾ packet	
pork schnitzels	1 packet	1 packet	
tomato	1	2	
mixed leaves	1 small bag	1 medium bag	
white wine vinegar*	drizzle	drizzle	
garlic dip	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition Avg Qty

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2424kJ (579Cal)	432kJ (103Cal)
Protein (g)	49.5g	8.8g
Fat, total (g)	24.4g	4.3g
- saturated (g)	3g	0.5g
Carbohydrate (g)	38.3g	6.8g
- sugars (g)	16g	2.9g
Sodium (mg)	865mg	154mg
Dietary Fibre (g)	8.7g	1.6g

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.



Bake the veggie fries

Preheat oven to 240°C/220°C fan-forced. Cut parsnip, courgette and beetroot into fries. Place the veggie fries on a lined tray. Drizzle with olive oil, season with salt and toss to coat. Spread out evenly, then bake until tender, 20-25 minutes.



Prep the pork schnitzel

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



Prep the tomato

Slice tomato into wedges.



Cook the schnitzels

When the veggie fries have **10 minutes** cook time remaining, heat a large frying pan over high heat with enough **olive oil** to cover the base. Cook **pork** in batches until golden and cooked through, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil between batches if necessary.



Toss the salad

In a medium bowl, combine **mixed leaves**, **tomato** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Serve up

Divide chimichurri pork schnitzels, veggie fries and tomato salad between plates. Serve with **garlic dip**.

Enjoy!