

Chimichurri Pork Schnitzel & Veggie Fries

with Tomato Salad & Garlic Dip

Grab your Meal Kit with this symbol



Parsnip



Courgette



Beetroot



Chimichurri Seasoning



Panko Breadcrumbs



Pork Schnitzels



Tomato



Mixed Leaves



Garlic Dip

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

6 Hands-on: 20-30 mins
Ready in: 30-40 mins

a Carb Smart

Who doesn't love a good crumbed pork? Paired with a dollop of punchy garlic dip and colourful, baked veggie fries, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	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*	¼ 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	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**.



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.



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.



Toss the salad

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



Prep the tomato

Slice **tomato** into wedges.



Serve up

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

Enjoy!