

Pork Schnitzels & Creamy Lemon-Herb Sauce

with Dukkah Wedges & Apple Salad

Grab your Meal Kit with this symbol



Potato



Dukkah



Garlic



Carrot



Apple



Parsley



Lemon



Pork Schnitzels



Panko Breadcrumbs



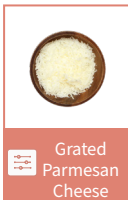
Longlife Cream



Chicken-Style Stock Powder



Mixed Salad Leaves



Grated Parmesan Cheese

Hands-on: 30-40 mins
Ready in: 35-45 mins

All the classic flavours in this German-inspired dish play off against each other in the most delightful way. The sweetness of the apple with irresistible dukkah-spiced wedges and crunchy panko-coated pork is just lovely!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Egg, Butter

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
potato	2	4
dukkah	½ sachet	1 sachet
garlic	2 cloves	4 cloves
carrot	1	2
apple	1	2
parsley	1 bag	1 bag
lemon	½	1
pork schnitzels	1 packet	1 packet
plain flour*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
butter*	15g	30g
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	½ sachet (2.5g)	1 sachet (5g)
water*	1 tbs	2 tbs
mixed salad leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4503kJ (1076Cal)	611kJ (146Cal)
Protein (g)	56.8g	7.7g
Fat, total (g)	63.3g	8.6g
- saturated (g)	36.3g	4.9g
Carbohydrate (g)	67.1g	9.1g
- sugars (g)	15.5g	2.1g
Sodium (mg)	1235mg	168mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4739kJ (1132Cal)	630kJ (150Cal)
Protein (g)	61.8g	8.2g
Fat, total (g)	67.3g	8.9g
- saturated (g)	38.9g	5.2g
Carbohydrate (g)	67.1g	8.9g
- sugars (g)	15.5g	2.1g
Sodium (mg)	1341mg	178mg

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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Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges. Place the **wedges** and **dukkah** (see ingredients) on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.



Get prepped

While the wedges are baking, finely chop the **garlic**. Grate the **carrot**. Thinly slice the **apple**. Roughly chop the **parsley**. Zest the **lemon** to get a pinch, then slice into wedges. Pull apart the **pork schnitzels** so you get two per person.



Cook the pork schnitzels

In a shallow bowl, combine the **plain flour**, the **salt** and a good pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **pork** into the **flour mixture**, followed by the **egg**, and finally into the **panko breadcrumbs**. Transfer to a plate. Heat a large frying pan over a high heat with enough **olive oil** to cover the base of the pan. When the oil is hot, cook the **pork schnitzels** until golden and cooked through, **1-2 minutes** each side. Transfer to a plate lined with paper towel.

CUSTOM RECIPE

If you've added grated Parmesan cheese to your meal, combine it with the panko breadcrumbs.



Make the creamy sauce

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **butter**, **garlic** and **lemon zest** until fragrant, **1-2 minutes**. Add the **longlife cream** (see ingredients), **chicken-style stock powder** (see ingredients) and the **water**, then season with **pepper**. Bring to the boil, then reduce to a low heat and simmer until thickened, **1-2 minutes**. Stir through the **parsley**.



Toss the salad

In a large bowl, add a squeeze of **lemon juice** and a drizzle of **olive oil**. Season, then add the **mixed salad leaves**, **carrot** and **apple**. Toss to coat.



Serve up

Divide the classic pork schnitzels and dukkah wedges between plates. Serve with the creamy lemon-herb sauce, apple salad and any remaining lemon wedges.

Enjoy!