

Pork Schnitzel & Creamy Lemon-Garlic Sauce

with Dukkah Wedges & Apple Salad

Grab your Meal Kit with this symbol



Potato



Dukkah



Garlic



Carrot



Apple



Lemon



Panko Breadcrumbs



Cream



Chicken-Style Stock Powder



Salad Leaves



Pork Schnitzels



Haloumi

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: **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
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
cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	½ sachet (2.5g)	1 sachet (5g)
water*	1 tbs	2 tbs
salad leaves	1 small bag	1 medium bag
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3632kJ (868Cal)	541kJ (129Cal)
Protein (g)	54.6g	8.1g
Fat, total (g)	40.2g	6g
- saturated (g)	21.4g	3.2g
Carbohydrate (g)	70g	10.4g
- sugars (g)	21.7g	3.2g
Sodium (mg)	1128mg	168mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4115kJ (983Cal)	674kJ (161Cal)
Protein (g)	38.7g	6.3g
Fat, total (g)	59.7g	9.8g
- saturated (g)	33.9g	5.6g
Carbohydrate (g)	72.2g	11.8g
- sugars (g)	23.8g	3.9g
Sodium (mg)	1773mg	290mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW29



1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **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**.

Little cooks: Kids can help toss the wedges.

4



Make the creamy sauce

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

Little cooks: Kids can help out with measuring the water.

2



Get prepped

- Meanwhile, finely chop **garlic**. Grate the **carrot**. Thinly slice **apple**. Zest **lemon** to get a pinch, then slice into wedges.
- Pull apart **pork schnitzels** so you get two per person.
- 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 **panko breadcrumbs**.
- Coat **pork** first in **flour mixture**, followed by the **egg**, and finally in **panko**. Transfer to a plate.

Custom Recipe: If you've swapped to haloumi, cut haloumi into 1cm-thick slices. Crumb haloumi in the flour, egg and panko as above.

5



Toss the salad

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

Little cooks: Easy peasy, lemon squeezy! Kids can squeeze the lemon over the salad.

3



Cook the pork schnitzels

- Heat a large frying pan over high heat with enough **olive oil** to cover the base of the pan.
- Cook **pork schnitzels** until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: Heat the pan as above. Cook haloumi until golden brown, 2 minutes each side. Transfer to a paper towel-lined plate.

6



Serve up

- Divide pork schnitzels and dukkah wedges between plates.
- Serve with creamy lemon-garlic sauce, apple salad and any remaining lemon wedges. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.co.nz/rate