

Seasoned Pork Schnitzel

with Roast Veggie Toss & Garlic-Herb Yoghurt

Grab your Meal Kit with this symbol



Potato



Parsnip



White Turnip



Carrot



Garlic



Herbs



Greek-Style Yoghurt



Pork Schnitzels



Seasoning Blend



Panko Breadcrumbs



Salad Leaves

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!

 Hands-on: 20-30 mins
Ready in: 35-45 mins

 Calorie Smart

Who doesn't love a good pork schnitzel? Coated with panko and a salt and pepper seasoning blend, then paired with a roast veggie toss and a herby mayo that's anything but humble, 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 |
| potato | 1 | 2 |
| parsnip | 1 | 2 |
| white turnip | 1 | 2 |
| carrot | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| herbs | 1 bag | 1 bag |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| pork schnitzels | 1 packet | 1 packet |
| plain flour* | 1 tbs | 2 tbs |
| egg* | 1 | 2 |
| seasoning blend | 1 sachet | 2 sachets |
| panko breadcrumbs | 1 packet | 1 packet |
| salad leaves | 1 small bag | 1 medium bag |
| white wine vinegar* | drizzle | drizzle |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2433kJ (581Cal) | 413kJ (98Cal) |
| Protein (g) | 53.4g | 9.1g |
| Fat, total (g) | 14.9g | 2.5g |
| - saturated (g) | 3.9g | 0.7g |
| Carbohydrate (g) | 61.2g | 10.4g |
| - sugars (g) | 17.5g | 3g |
| Sodium (mg) | 1494mg | 254mg |

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.



Get prepped

Preheat oven to **240°C/220°C fan-forced**. Cut **potato, parsnip, white turnip** and **carrot** into bite-sized chunks.



Roast the veggies

Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.

TIP: If the veggies don't fit in a single layer, divide between two trays!



Make the garlic-herb yoghurt

While the veggies are roasting, finely chop **garlic**. Roughly chop **herbs**. Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**. Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and 1/2 the **herbs**. Stir to combine and season to taste. Set aside.



Prep the pork

Pull **pork schnitzels** apart (they may be stuck together). In a shallow bowl, whisk the **plain flour**, **egg** and **seasoning blend** until combined. In a second shallow bowl, place **panko breadcrumbs**. Dip **pork** into **egg mixture**, and then into **panko breadcrumbs**. Transfer to a plate.



Cook the pork

When the veggies have **10 minutes** cook time remaining, wipe out the frying pan, then return to high heat with enough **olive oil** to coat base of pan. Cook **pork schnitzels**, in batches, until golden and cooked through, **2-3 minutes** each side. Transfer to a paper towel-lined plate. Set aside. To the tray of **roasted veggies**, add **salad leaves** and a drizzle of **white wine vinegar**. Gently toss to combine.



Serve up

Slice seasoned pork schnitzel. Divide roast veggie toss and pork between plates. Serve with garlic and herb yoghurt. Garnish with remaining herbs to serve.

Enjoy!