

# Lemon Pepper Pork Schnitzel & Spiced Kumara Fries

with Apple Salad & BBQ Mayo

Grab your Meal Kit with this symbol













Carrot





Panko Breadcrumbs

Lemon Pepper Spice Blend



Pork Schnitzels



Salad Leaves



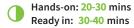
BBQ Mayo

#### Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

#### **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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
kumara	2 (medium)	2 (large)	
Aussie spice blend	1 sachet	1 sachet	
carrot	1/2	1	
apple	1	2	
lemon pepper spice blend	1 sachet	1 sachet	
plain flour*	1 tbs	2 tbs	
egg*	1	2	
panko breadcrumbs	1 packet	1 packet	
pork schnitzels	1 packet	1 packet	
salad leaves	1 bag (30g)	1 bag (60g)	
white wine vinegar*	drizzle	drizzle	
BBQ mayo	50g	100g	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2742kJ (655Cal)	496kJ (118Cal)
Protein (g)	49.7g	9g
Fat, total (g)	17.4g	3.1g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	72.6g	13.1g
- sugars (g)	23g	4.2g
Sodium (mg)	1171mg	212mg

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 fries

Preheat the oven to 220°C/200°C fan-forced. Peel and cut the **kumara** into fries, then place on a lined oven tray. Drizzle generously with **olive oil**, sprinkle with the **Aussie spice blend** and toss to coat. Spread out evenly, then add a dash of **water** to the tray and roast until tender, 20-25 minutes.

**TIP:** Leave the kumara unpeeled if you prefer!



# Get prepped

While the fries are baking, grate the **carrot** (see ingredients). Thinly slice the **apple**.



# Crumb the pork

In a shallow bowl, combine the **lemon pepper spice blend** and **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Pull apart the **pork schnitzels** so you get 2 per person. Coat the **pork** in the **flour mixture**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.



### Cook the pork

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

**TIP:** Add extra oil if needed so the pork doesn't stick to the pan.



### Toss the salad

In a large bowl, add the **salad leaves**, **carrot**, **apple** and a drizzle of **white wine vinegar** and **olive oil**. Toss to coat and season to taste.



### Serve up

Slice the lemon pepper pork schnitzels. Divide the pork, spiced kumara fries and apple salad between plates. Top with the **BBQ mayo** to serve.

Enjoy!