

Lemon Pepper Pork Schnitzel & Spiced Kumara Fries

with Apple Salad & BBQ Mayo

Grab your Meal Kit with this symbol



Kumara



Aussie Spice Blend



Carrot



Apple



Lemon Pepper Spice Blend



Panko Breadcrumbs



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!

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

Who doesn't love good crumbed pork? Paired with a crunchy apple salad and baked kumara 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 |
| kumara | 2 (medium) | 2 (large) |
| Aussie spice blend | 1 sachet | 1 sachet |
| carrot | ½ | 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 |

*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!