



# Lemon Pepper Pork Schnitzels

with Creamy Potato Salad & Almonds

Grab your Meal Kit with this symbol



Lemon



Potato



Spring Onion



Apple



Lemon Pepper Spice Blend



Panko Breadcrumbs



Pork Schnitzel



Flaked Almonds



Mayonnaise



Spinach & Rocket Mix

Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

Easy crumbed schnitzels packed with lemony flavour are the stars of dinner tonight. Our classic potato salad is paired with a fun take on green salad, using two secret ingredients - apple and almonds!

### Pantry items

Olive Oil, Plain Flour, Egg, Honey

## 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

Medium saucepan · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
potato	2	4
spring onion	2 stems	4 stems
apple	½	1
salt* (for the crumb)	1 tsp	2 tsp
lemon pepper spice blend	1 sachet	2 sachets
plain flour*	2½ tbs	½ cup
egg*	1	2
panko breadcrumbs	1 packet	2 packets
pork schnitzel	1 packet	1 packet
flaked almonds	1 sachet	2 sachets
salt* (for the potato)	¼ tsp	½ tsp
mayonnaise	1 packet (40g)	1 packet (100g)
honey*	½ tsp	1 tsp
spinach & rocket mix	1 bag (60g)	1 bag (120g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3260kJ (778Cal)	553kJ (132Cal)
Protein (g)	47.5g	8.1g
Fat, total (g)	35.1g	6.0g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	63.7g	10.8g
- sugars (g)	10.5g	1.8g
Sodium (mg)	1920mg	326mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Get prepped

Bring a medium saucepan of salted water to the boil. Zest the **lemon** to get a **pinch**, then slice into wedges. Peel the **potato** and cut into 2cm chunks. Thinly slice the **spring onion**. Thinly slice the **apple** (**see ingredients list**), unpeeled.



## 4. Cook the pork

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the crumbed **pork** until golden and cooked through, **2-3 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.

**TIP:** If your pan is getting crowded, cook in batches for best results.



## 2. Cook the potato

Add the **potato** to the boiling water and cook until soft when pierced with a knife, **10-12 minutes**. Drain and set aside to cool.



## 5. Dress the potato

In a large bowl, combine the **salt (for the potato)**, **mayonnaise**, **olive oil (2 tsp for 2 people / 4 tsp for 4 people)**, a **good squeeze** of **lemon juice** and a **pinch** of **pepper**. Add the **potato** and **spring onion** and toss to coat. In a medium bowl, combine the **honey**, a **squeeze** of **lemon juice** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Add the **spinach & rocket mix** and **apple**. Toss to coat.

**TIP:** Dress the potato in the cooled saucepan if you want to save on dishes.



## 3. Crumb the pork

While the potato is cooking, combine the **salt (for the crumb)**, **lemon pepper spice blend** and **plain flour** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **lemon zest**, **panko breadcrumbs** and a **good pinch** of **salt** and **pepper**. Dip the **pork schnitzels** into the **flour mixture**, followed by the **egg**, and finally into the **panko mixture**. Transfer to a plate.



## 6. Serve up

Divide the lemon pepper pork schnitzels, creamy potato salad and apple salad between plates. Sprinkle the toasted almonds over the apple salad and squeeze lemon juice from the remaining lemon wedges over the schnitzels.

## Enjoy!