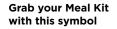


Lemon Pepper Pork Schnitzels

with Creamy Potato Salad & Almonds











Potato



Spring Onion





Lemon Pepper



Panko Breadcrumbs

Spice Blend



Pork Schnitzel



Flaked Almonds



Mayonnaise



Spinach & Rocket Mix

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

ingredients		
	2 People	4 People
olive oil*	refer to method	refer to method
lemon	1/2	1
potato	2	4
spring onion	2 stems	4 stems
apple	1/2	1
salt* (for the crumb)	1 tsp	2 tsp
lemon pepper spice blend	1 sachet	2 sachets
plain flour*	2½ tbs	⅓ 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)	⅓ 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
Carbohydrate (g) - sugars (g)	63.7g 10.5g	10.8g 1.8g

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.

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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.



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.



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.



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.



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.



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!