



# Lemon Pepper Pork Schnitzels

with Creamy Potato Salad

Grab your Meal Kit with this symbol



Potato



Spring Onion



Apple



Lemon Pepper Spice Blend



Panko Bread crumbs



Pork Schnitzels



Dijon Mustard



Mayonnaise



Baby Spinach Leaves



Grated Parmesan Cheese

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced spinach & rocket mix with baby spinach, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

Easy crumbed schnitzels packed with peppery, lemony flavour are the stars of dinner tonight. Our classic potato salad is paired with a fun take on green salad, using a secret ingredient – crunchy apple!



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plain Flour, Egg, Honey, 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
spring onion	1 stem	2 stems
apple	½	1
salt*	1 tsp	2 tsp
lemon pepper spice blend	1 sachet	1 sachet
plain flour*	2½ tbs	½ cup
egg*	1	2
panko breadcrumbs	1 packet	1 packet
pork schnitzels	1 packet	1 packet
Dijon mustard	½ packet (7.5g)	1 packet (15g)
mayonnaise	1 packet (40g)	1 packet (100g)
honey*	½ tsp	1 tsp
white wine vinegar*	drizzle	drizzle
baby spinach leaves	1 bag (60g)	1 bag (120g)
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3012kJ (719Cal)	522kJ (124Cal)
Protein (g)	53.2g	9.2g
Fat, total (g)	27.7g	4.8g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	62g	10.7g
- sugars (g)	8.8g	1.5g
Sodium (mg)	1528mg	265mg

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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Thinly slice the **spring onion**. Thinly slice the **apple** (see ingredients).



## Cook the potato

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



## Crumb the pork

While the potato is cooking, combine the **salt**, **lemon pepper spice blend** and **plain flour** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, add the **panko breadcrumbs**, then season with **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.

### CUSTOM RECIPE

If you've added grated Parmesan cheese to your recipe, combine it with the panko breadcrumbs.



## Cook the pork

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the **pork schnitzels** until golden and cooked through, **2-3 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate lined with paper towel.

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



## Dress the potato

In a large bowl, combine the **Dijon mustard** (see ingredients), **mayonnaise** and **olive oil** (1/2 tbs for 2 people / 1 tbs for 4 people), then season. Add the **potato** and **spring onion** and toss to coat. Set aside. In a medium bowl, combine the **honey**, a drizzle of **white wine vinegar** and a drizzle of **olive oil**. Add the **baby spinach leaves** and **apple**, then toss to coat.

**TIP:** Dress the potato in the saucepan to save on washing up!



## Serve up

Slice the lemon pepper pork schnitzels. Divide the pork, potato salad and apple salad between plates.

## Enjoy!