



Lemon Pepper Pork Schnitzels

with Creamy Potato & Green Bean Salad

Grab your Meal Kit with this symbol



Potato



Green Beans



Spring Onion



Pear



Lemon Pepper Spice Blend



Panko Breadcrumbs



Pork Schnitzels



Dijon Mustard



Mayonnaise



Spinach & Rocket Mix

Keep an eye out...
Due to recent sourcing challenges, we've replaced tomato with pear, 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. For the side, our classic potato salad is paired with a crisp pear salad to round out the meal in a fabulous fashion.

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
green beans	1 bag (100g)	1 bag (200g)
spring onion	1 stem	2 stems
pear	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 (80g)
honey*	½ tsp	1 tsp
white wine vinegar*	drizzle	drizzle
spinach & rocket mix	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3070kJ (733Cal)	510kJ (121Cal)
Protein (g)	53.2g	8.8g
Fat, total (g)	27.1g	4.5g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	67g	11.1g
- sugars (g)	16.3g	2.7g
Sodium (mg)	1559mg	259mg

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.



Get prepped

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



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.



Cook the potato

Cook the **potato** in the boiling water until soft when pierced with a fork, **10-12 minutes**. In the last **3 minutes** of cook time, add the **green beans** and cook until tender. Drain the **veggies** and set aside to cool.



Finish the salads

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, green beans** and **spring onion** and toss to coat. Set aside. In a medium bowl, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil**. Add the **spinach & rocket mix** and **pear**, then toss to coat.

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



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**. Coat the **pork schnitzels** first in the **flour mixture**, followed by the **egg** and finally the seasoned **panko**. Transfer to a plate.



Serve up

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

Enjoy!