



Pork Schnitzel & Peppercorn Hollandaise

with Apple-Walnut Salad & Balsamic Dressing

Grab your Meal Kit with this symbol



Cucumber



Apple



Black Peppercorns



Panko Breadcrumbs



Aussie Spice Blend



Walnuts



Hollandaise



Mixed Salad Leaves



Balsamic & Olive Oil Dressing



Pork Schnitzels

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 25-35 mins
Ready in: 30-40 mins

Dietitian Approved

Carb Smart

Peppercorn meets Hollandaise, a wonder duo sauce swooping in to transform this pork schnitty dinner into something new. Sprinkle a few walnuts into the apple salad to bring a little crunch and there you have it, another tasty version of the pork schnitzel.

Pantry items

Olive Oil, Plain Flour, Egg

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
apple	1	2
black peppercorns	½ sachet	1 sachet
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
pork schnitzels	1 medium packet	1 large packet
walnuts	1 packet	2 packets
Hollandaise	1 packet (50g)	2 packets (100g)
mixed salad leaves	1 medium bag	1 large bag
balsamic & olive oil dressing	1 packet (25g)	2 packets (50g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2513kJ (601Cal)	582kJ (139Cal)
Protein (g)	49.8g	11.5g
Fat, total (g)	28.4g	6.6g
- saturated (g)	4.3g	1g
Carbohydrate (g)	38.2g	8.8g
- sugars (g)	8.5g	2g
Sodium (mg)	990mg	229mg
Dietary Fibre (g)	6.2g	1.4g

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

- Slice **cucumber** into half-moons. Thinly slice **apple**.
- Crush **black peppercorns** (see ingredients) with a mortar and pestle, or in their sachet using a rolling pin.



Cook the pork schnitzels

- Return frying pan to high heat with enough **olive oil** to cover the base. Cook **pork schnitzels** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.



Crumb the pork

- In a shallow bowl, combine the **plain flour** and a pinch of **salt**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, combine **panko breadcrumbs** and **Aussie spice blend**.
- Pull apart **pork schnitzels** (you should get 2 per person). Coat **pork** in **seasoned flour**, followed by the **egg** and finally in **panko breadcrumbs**. Transfer to a plate.



Bring it all together

- Wipe out the frying pan, then return to medium heat with a drizzle of **olive oil**. Cook **peppercorns** until fragrant, **1 minute**.
- Remove pan from heat, then add **Hollandaise** and a splash of **water** and stir to combine. Season to taste.
- Meanwhile, combine **mixed salad leaves**, **cucumber**, **apple** and **balsamic & olive oil dressing** in a large bowl. Season to taste.



Toast the walnuts

- Heat a large frying pan over medium-high heat. Toast **walnuts**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl and set aside.



Serve up

- Divide spiced pork schnitzels and apple salad between plates.
- Garnish salad with toasted walnuts.
- Serve with peppercorn Hollandaise. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW41

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate