



# Quick Smokey Pork Schnitzel & Beetroot Relish

with Lime Crushed Potatoes & Apple Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Lime



Chicken-Style Stock Powder



Barbecue Seasoning



Panko Breadcrumbs



Pork Schnitzels



Apple



Celery



Shredded Cabbage Mix



Beetroot Relish



Chicken Breast

Prep in: 15-25 mins  
Ready in: 25-35 mins

Eat Me Early\*  
\*Custom Recipe only

A classic schnitzel is always best served with a side of potatoes. We're jazzing things up tonight by crushing the potatoes with a squeeze of lime juice. Crumb the pork with the barbecue seasoning for a smoky flavour and serve with a sweet and vibrant beetroot relish.

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

### Pantry items

Olive Oil, Butter, Plain Flour, Egg, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
lime	½	1
<b>butter*</b>	20g	40g
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
<b>plain flour*</b>	1 tbs	2 tbs
barbecue seasoning	1 sachet	2 sachets
<b>salt*</b>	¼ tsp	½ tsp
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 packet	1 packet
apple	½	1
celery	1 stalk	2 stalks
shredded cabbage mix	1 bag (150g)	1 bag (300g)
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
beetroot relish	1 medium packet	2 medium packets
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2994kJ (716Cal)	490kJ (117Cal)
Protein (g)	44.1g	7.2g
Fat, total (g)	25.3g	4.1g
- saturated (g)	11g	1.8g
Carbohydrate (g)	74.4g	12.2g
- sugars (g)	24.5g	4g
Sodium (mg)	1762mg	288mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2779kJ (664Cal)	440kJ (105Cal)
Protein (g)	47.4g	7.5g
Fat, total (g)	17.9g	2.8g
- saturated (g)	7.9g	1.3g
Carbohydrate (g)	74.4g	11.8g
- sugars (g)	24.5g	3.9g
Sodium (mg)	1786mg	283mg

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.

## We're here to help!

Scan here if you have any questions or concerns



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1



## Make the crushed potatoes

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cut **potato** into large chunks. Slice **lime** into wedges.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain, then return **potato** to the pan.
- Add the **butter**, **chicken-style stock powder** and a generous squeeze of **lime juice** and toss to coat. Lightly crush **potato** with a potato masher or fork. Cover to keep warm.

**Little cooks:** Get those muscles working and help crush the potatoes!

3



## Cook the pork

- Heat a large frying pan over medium-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.

**Custom Recipe:** Heat the pan and oil as above. Cook crumbed chicken in batches until golden and cooked through, 3-5 minutes each side. Transfer to a paper towel-lined plate.

2



## Crumb the pork

- Meanwhile, whisk the **plain flour**, **barbecue seasoning**, the **salt** and **egg** in a shallow bowl until combined.
- In a second shallow bowl, place **panko breadcrumbs**.
- Pull apart **pork schnitzels** so you get 2 per person.
- Coat **pork** first in the **egg mixture**, followed by the **panko breadcrumbs**. Transfer **crumbed pork** to a plate.

**Little cooks:** Help crumb the pork!

**Custom Recipe:** If you swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Crumb chicken in the same way as above.

4



## Serve up

- Meanwhile, thinly slice **apple** (see ingredients) and **celery**.
- In a large bowl, combine **shredded cabbage mix**, apple, celery and a drizzle of **vinegar** and olive oil. Season with salt and pepper.
- Divide pork, lime crushed potatoes and apple slaw between plates.
- Serve with **beetroot relish** and any remaining lime wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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