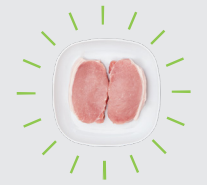




SOUTHERN CRUMBED PORK

with Caramelised Veg & Sweet Potato Wedges



Add flavours of the south to crumbed pork



Sweet Potato



Carrot



Broccoli



Lemon



Garlic



Sweet Mustard Spice Blend



Panko Breadcrumbs



Pork Schnitzel



Garlic Aioli

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

Low calorie

Add sweet mustard spices to pork for a flavourful schnitzel, then serve the moreish meal with sweet potato wedges and caramelised broccoli and carrot. This is a dinner plate that won't be forgotten.

Pantry Staples: Olive Oil, Butter, Brown Sugar, Plain Flour, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, three shallow bowls, fork, large frying pan, medium bowl, foil, plate** and **plate** lined with **paper towel**.



1 ROAST THE SWEET POTATO WEDGES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. **TIP:** *Cut the sweet potato to the correct size so it cooks in the allocated time.* Spread the sweet potato wedges over an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a generous **pinch** of **salt** and **pepper** and toss to coat. Roast for **25-30 minutes**, or until tender.



4 CRUMB THE PORK

In the first shallow bowl, combine the **sweet mustard spice blend, plain flour** and **salt** (see ingredients list). In the second shallow bowl, whisk the **egg** with a fork. In the third shallow bowl, place the **panko breadcrumbs**. Pull the **pork schnitzels** apart (they may be stuck together) and dip them into the flour mixture, followed by the egg and finally in the panko breadcrumbs. Set aside on a plate, ready to fry.



2 GET PREPPED

While the sweet potato is roasting, cut the **carrot** (unpeeled) into 1cm chunks. Cut the **broccoli** into 2cm florets and roughly chop the stalk. Slice the **lemon** into wedges. Finely chop the **garlic** (or use a garlic press).



5 COOK THE CRUMBED PORK

When the wedges have **15 minutes** cook time remaining, return the pan to a medium-high heat with enough **olive oil** to coat the base of the pan. Once hot, add **1/3** of the crumbed **pork schnitzel** and cook for **1-2 minutes** on each side, or until golden on the outside and cooked through. Transfer to a plate lined with paper towel to drain. Repeat with the remaining pork schnitzels.



3 COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Once hot, add the **carrot** and cook for **2-3 minutes**, or until slightly softened. Add the **broccoli** and cook for **5-6 minutes**, or until tender. **TIP:** *Add a dash of water to help speed up the cooking process!* Add the **garlic, butter, brown sugar** and a **pinch** of **salt** to the pan and stir for **1 minute**, or until fragrant. Transfer to a medium bowl and cover with foil to keep warm. Wipe out the pan with a paper towel.



6 SERVE UP

Divide the Southern crumbed pork, sweet potato wedges, caramelised broccoli and carrot between plates. Serve with the **garlic aioli** and lemon wedges.

TIP: *For kids, follow our serving suggestion in the main photo!*

ENJOY!

4-5 PEOPLE INGREDIENTS

| | 4-5P |
|---------------------------|-----------------|
| olive oil* | refer to method |
| sweet potato | 4 |
| carrot | 2 |
| broccoli | 1 head |
| lemon | 1 |
| garlic | 1 clove |
| butter* | 20 g |
| brown sugar* | 1 tsp |
| sweet mustard spice blend | 2 sachets |
| plain flour* | 2 tbs |
| salt* | 1 tsp |
| eggs* | 2 |
| panko breadcrumbs | 2 packets |
| pork schnitzel | 1 packet |
| garlic aioli | 1 tub (100 g) |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 2180kJ (520Cal) | 487kJ (116Cal) |
| Protein (g) | 15.7g | 3.5g |
| Fat, total (g) | 22.0g | 4.9g |
| - saturated (g) | 5.0g | 1.1g |
| Carbohydrate (g) | 59.7g | 13.4g |
| - sugars (g) | 18.8g | 4.2g |
| Sodium (g) | 979mg | 219mg |

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

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