Herby Pork Schnitzel & Apple Salad

with Spiced Kūmara Fries & Smokey Aioli

TAKEAWAY FAVES | KID FRIENDLY

Grab your meal kit with this number **30**

- Kūmara
- Classic Roast Seasoning
- Carrot
- Apple
- Garlic & Herb Seasoning
- Panko Breadcrumbs
- Pork Schnitzels
- Mixed Salad Leaves
- Smokey Aioli

Add:

- Pork Schnitzels
- Halloumi/Grill Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Who doesn't love good crumbed pork? Paired with a crunchy apple salad and baked kūmara fries, we bet this will be a real hit in the household tonight.

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kūmara	2 medium	2 large
classic roast seasoning	1 medium sachet	1 large sachet
carrot	½	1
apple	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
plain flour*	1 tbsp	2 tbsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	280g	560g
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2860kJ (683Cal)	643kJ (154Cal)
Protein (g)	40.4g	9.1g
Fat, total (g)	31.9g	7.2g
- saturated (g)	6.6g	1.5g
Carbohydrate (g)	57.3g	12.9g
- sugars (g)	18.4g	4.1g
Sodium (mg)	1160mg	261mg
Dietary Fibre (g)	4g	0.9g

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.

We're here to help!

Scan here if you have any questions or concerns

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1

Bake the fries

- Preheat oven to **220°C/200°C fan-forced**.
- Peel and cut **kūmara** into fries, then place on a lined oven tray.
- Drizzle generously with **olive oil**, sprinkle with **classic roast seasoning** and toss to coat.
- Spread out evenly and roast until tender, **20-25 minutes**.

TIP: *Leave the kūmara unpeeled if you prefer!*
Little cooks: *Help toss the fries!*

2

Get prepped

- While the fries are baking, grate **carrot (see ingredients)**.
- Thinly slice **apple**.

3

Crumb the pork

- In a shallow bowl, combine **garlic & herb seasoning** and the **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Pull apart **pork schnitzels** so you get 2 per person. Coat **pork** in the **flour mixture**, followed by the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.

Little cooks: *Help crumb the pork! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers! Make sure to wash your hands well afterwards.*

4

Cook the pork

- Heat a large frying pan over a 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 plate lined with paper towel.

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

5

Toss the salad

- In a large bowl, add **mixed salad leaves**, **carrot**, **apple** and a drizzle of **white wine vinegar** and **olive oil**. Toss to coat and season to taste with **salt** and **pepper**.

6

Finish & serve

- Slice pork schnitzel.
- Divide herby pork schnitzel, spiced kūmara fries and apple salad between plates.
- Top with **smokey aioli** to serve. Enjoy!

CUSTOM OPTIONS

PORK SCHNITZELS:
Follow method above, cooking in batches if necessary.

HALLOUMI/GRILL CHEESE:
Cut into 1cm slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO