



Pork Schnitzels & Dill-Parsley Mayo

with Garlic Veggies & Herby Potato Mash

Grab your Meal Kit with this symbol



Potato



Parsley



Garlic



Broccoli



Carrot



Dill & Parsley Mayonnaise



Lemon Pepper Spice Blend



Panko Breadcrumbs



Pork Schnitzel

Hands-on: **35-45 mins**
Ready in: **40-50 mins**

Here's a neat trick: when you're crumbing food, use one hand for the wet ingredients and the other for the dry so you don't end up with fingers that look like dagwood dogs! Give it a try when you make these golden pork schnitzels.

Pantry items

Olive Oil, Butter, Milk, 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

Medium saucepan · Large frying pan

Ingredients

| | 2 People | 4 People |
|------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| parsley | 1 bunch | 1 bunch |
| butter* | 40g | 80g |
| milk* | 2½ tbs | ½ cup |
| salt* | | |
| (for the potato) | ¼ tsp | ½ tsp |
| garlic | 1 clove | 2 cloves |
| broccolini | 1 bunch | 1 bunch |
| carrot | 1 | 2 |
| dill & parsley | 1 packet | 1 packet |
| mayonnaise | (50g) | (100g) |
| water* | ½ tbs | 1 tbs |
| plain flour* | 2 tbs | ¼ cup |
| lemon pepper | | |
| spice blend | 1 sachet | 1 sachet |
| salt* | | |
| (for the crumb) | 1 tsp | 2 tsp |
| egg* | 1 | 2 |
| panko | | |
| breadcrumbs | 1 packet | 1 packet |
| pork schnitzel | 1 packet | 1 packet |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3603kJ (861Cal) | 573kJ (136Cal) |
| Protein (g) | 50.7g | 8.1g |
| Fat, total (g) | 43.4g | 6.9g |
| - saturated (g) | 14.5g | 2.3g |
| Carbohydrate (g) | 66.4g | 10.6g |
| - sugars (g) | 8.7g | 1.4g |
| Sodium (mg) | 1757mg | 279mg |

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1 Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Roughly chop the **parsley** leaves. Add the **potato** to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter, milk** and **salt (for the potato)** and mash with a potato masher or fork until smooth. Stir through the **parsley**. Cover to keep warm.



4 Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **broccolini** and **carrot** and cook, tossing, until tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Season with **salt** and **pepper**, then transfer to a bowl.



2 Get prepped

While the potato is cooking, finely chop the **garlic**. Trim the **broccolini** and halve lengthways. Thinly slice the **carrot** (unpeeled) into half-moons. In a small bowl, combine the **dill & parsley mayonnaise** with the **water**. Set aside.



5 Cook the schnitzels

Return the frying pan to a high heat with enough **olive oil** to coat the base of the pan. Cook the **pork schnitzels**, in batches, until golden and cooked through, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil if needed so the schnitzels don't stick to the pan.



3 Crumb the pork

In a shallow bowl, combine the **plain flour, lemon pepper spice blend** and **salt (for the crumb)**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Pull apart the **pork schnitzels** (they may be stuck together). Dip each **pork schnitzel** into the **flour mixture**, followed by the **egg**, and finally into the **panko breadcrumbs**. Transfer to a plate.



6 Serve up

Divide the herby potato mash between plates. Serve with the pork schnitzels and the garlic veggies. Drizzle with the dill-parsley mayo.

Enjoy!