



# Dukkah-Crusted Pork Schnitzel

with Roast Veggie Toss & Herby Yoghurt

Grab your Meal Kit with this symbol



Potato



Parsnip



Beetroot



Carrot



Garlic



Parsley



Greek-Style Yoghurt



Pork Schnitzels



Panko Breadcrumbs



Dukkah



Baby Spinach Leaves

Hands-on: 20-30 mins  
Ready in: 35-45 mins

Eat like an Egyptian by adding dukkah to your dinner! Here, we add the tasty mix of seeds and spices to panko breadcrumbs to create a moreish crust for pork schnitzels. Served with roasted veggies and herby yoghurt, it's definitely a meal to remember.

*Unfortunately, this week's dill was in short supply, so we've replaced it with parsley. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	1	2
beetroot	1	2
carrot	1	2
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
Greek-style yoghurt	1 medium packet	1 large packet
pork schnitzels	1 packet	1 packet
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	½ packet	1 packet
dukkah	1 sachet	1 sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2341kJ (559Cal)	373kJ (89Cal)
Protein (g)	50.7g	8.1g
Fat, total (g)	18.8g	3g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	50.3g	8g
- sugars (g)	10.4g	1.7g
Sodium (mg)	645mg	103mg

## 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.



## Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** and **parsnip** (both unpeeled) into 2cm chunks. Cut the **beetroot** (unpeeled) into 1cm chunks. Cut the **carrot** (unpeeled) into 1cm half-moons.



## Roast the veggies

Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

**TIP:** If the veggies don't fit in a single layer, divide between two trays!



## Make the herby yoghurt

While the veggies are roasting, finely chop the **garlic**. Roughly chop the **parsley** leaves. Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil** to a small bowl. Add the **Greek-style yoghurt** and 1/2 the **parsley** to the **garlic oil**. Stir to combine and season to taste. Set aside.



## Prep the pork

Pull the **pork schnitzels** apart (they may be stuck together). In a shallow bowl, add the **plain flour**, then season with **salt** and **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** (see ingredients) and **dukkah**. Dip the **pork** into the **flour mixture**, followed by the **egg**, and finally into the **panko-dukkah mixture**. Transfer to a plate.



## Cook the pork

When the **veggies** have **10 minutes** cook time remaining, 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. Add the **baby spinach leaves** to the tray with the roasted **veggies**, then add a drizzle of **white wine vinegar**. Gently toss to combine.



## Serve up

Slice the **dukkah-crusted pork schnitzel**. Divide the roast veggie toss between plates and top with the pork. Garnish with the remaining parsley. Serve with the herby yoghurt.

## Enjoy!