



Herby Crumbed Beef Schnitzels

with Slaw, Veggie Fries & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Potato



Parsnip



Parsley



Radish



Garlic & Herb Seasoning



Panko Breadcrumbs



Beef Schnitzel



Slaw Mix



Dill & Parsley Mayonnaise

Hands-on: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

Who doesn't love a good, crumbed schnitzel? We've switched the protein up by using beef, then paired it with a crunchy radish slaw and oven-roasted veggie fries. For a herby finishing touch, we've added dill and parsley mayo to make this a certified household hit.

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	3	6
parsnip	1	2
parsley	1 bag	1 bag
radish	2	4
plain flour*	1 tbs	2 tbs
garlic & herb seasoning	1 sachet	1 sachet
egg*	1	2
panko breadcrumbs	½ packet	1 packet
beef schnitzel	1 packet	1 packet
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1956kJ (467Cal)	330kJ (79Cal)
Protein (g)	14g	2.4g
Fat, total (g)	20.9g	3.5g
- saturated (g)	2.2g	0.4g
Carbohydrate (g)	53.9g	9.1g
- sugars (g)	10g	1.7g
Sodium (mg)	723mg	122mg

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.



Roast the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** and **parsnip** into fries. Place the **potato** and **parsnip** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread in a single layer and roast until tender, **20-25 minutes**.



Cook the beef

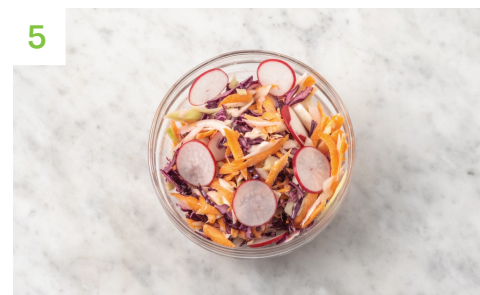
When the veggies have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the **crumbed beef**, in batches, until golden and cooked through, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil between batches if needed.



Get prepped

While the veggies are roasting, finely chop the **parsley**. Thinly slice the **radish**. In a shallow bowl, combine the **plain flour**, **garlic & herb seasoning** and a pinch of **salt** and **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** (see ingredients) and **parsley**.



Make the slaw

While the beef is cooking, combine the **radish**, **slaw mix** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Toss to combine and season to taste.



Crumb the beef

Separate the **beef schnitzels** (they may be stuck together). Coat each **beef schnitzel** first in the **flour mixture**, followed by the **egg** and finally into the **panko-parsley crumb**. Transfer to a plate.



Serve up

Divide the herby crumbed beef schnitzel, slaw and veggie fries between plates. Serve with the **dill & parsley mayonnaise**.

Enjoy!