



Pork Schnitzels & Cheesy Garlic Sauce

with Rosemary Roasted Potatoes

Grab your Meal Kit with this symbol



Potato



Rosemary



Garlic



Carrot



Tomato



Panko Breadcrumbs



Pork Schnitzel



Longlife Cream



Grated Parmesan Cheese



Mixed Salad Leaves

 Hands-on: 40-50 mins
Ready in: 45-55 mins

We've turbo-charged schnitzel night! Special additions like a too-good-to-be-true cheesy garlic sauce, rosemary on the golden chunks of potato and a robust salad are what it's all about. Happy days indeed!

Pantry items

Olive Oil, Balsamic Vinegar, Plain Flour, Egg, Butter

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
rosemary	½ bunch	1 bunch
garlic	1 clove	2 cloves
carrot	½	1
tomato	1	2
balsamic vinegar*	1 tsp	2 tsp
salt*	1 tsp	2 tsp
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 packet	1 packet
pork schnitzel	1 packet	1 packet
butter*	15g	30g
longlife cream	½ bottle (125ml)	1 bottle (250ml)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
mixed salad leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3720kJ (889Cal)	564kJ (135Cal)
Protein (g)	53.1g	8.0g
Fat, total (g)	47.7g	7.2g
- saturated (g)	27.1g	4.1g
Carbohydrate (g)	58.3g	8.8g
- sugars (g)	7.1g	1.1g
Sodium (mg)	1380mg	208mg

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.



1 Roast the rosemary potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Finely chop the **rosemary** (see ingredients). Place the **potato** and **rosemary** 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, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time.



2 Get prepped

While the potato is roasting, finely chop the **garlic**. Grate the **carrot** (see ingredients), unpeeled. Roughly chop the **tomato**. In a medium bowl, combine **balsamic vinegar** and a drizzle of **olive oil**. Set aside.



3 Prep the crumb

In a shallow bowl, combine the **salt** and **plain flour**, 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 **seasoned flour**, followed by the **egg**, and finally into the **panko breadcrumbs**. Transfer to a plate.



4 Cook the schnitzel

Heat a large frying pan over a high heat with enough **olive oil** to coat the base of the pan. Cook the **pork**, 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 pork schnitzel doesn't stick to the pan.



5 Cook the sauce

Wash and dry the frying pan, then return to a medium heat with the **butter** and a drizzle of **olive oil**. When the oil is hot, add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **longlife cream** (see ingredients) and **grated Parmesan cheese** and stir to combine. Reduce the heat to low and simmer until slightly thickened, **2-3 minutes**. Season to taste and set aside. Add the **mixed salad leaves**, **carrot** and **tomato** to the **balsamic dressing** and toss to combine.



6 Serve up

Divide the rosemary roasted potatoes, pork schnitzels and salad between plates. Pour the cheesy garlic sauce over the pork.

Enjoy!