



# Spiced Beef Schnitzel

with Creamy Roasted Veggies & Tomato Salad

Grab your Meal Kit  
with this symbol



Cauliflower



Parsnip



Chicken-Style  
Stock Powder



Tomato



Aussie Spice  
Blend



Panko Bread crumbs



Beef Schnitzel



Salad Leaves



Mayonnaise

## Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

## Pantry items

Olive Oil, Plain Flour, Egg,  
Balsamic Vinegar

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Carb Smart

Secure that apron because you'll be crumbing up some spiced beef schnitzels and roasting cauliflower to golden perfection for dinner tonight. Paired with a crisp tomato salad, you're going to be surprised by the fun and fanciful flavour combinations that are sure to please.



## 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
cauliflower	1 portion (200g)	1 portion (400g)
parsnip	1	2
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
tomato	1	2
plain flour*	1 tbs	2 tbs
salt*	¼ tsp	½ tsp
Aussie spice blend	1 sachet	1 sachet
egg*	1	2
panko breadcrumbs	¾ packet	¾ packet
beef schnitzel	1 packet	1 packet
salad leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle
mayonnaise	40g	80g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2319kJ (554Cal)	538kJ (129Cal)
Protein (g)	45.3g	10.5g
Fat, total (g)	27.8g	6.4g
- saturated (g)	4.9g	1.1g
Carbohydrate (g)	29.7g	6.9g
- sugars (g)	8.5g	2g
Sodium (mg)	1548mg	359mg
Dietary Fibre (g)	5.7g	1.3g

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](https://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 veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Cut the **parsnip** into bite-sized chunks. Place the **cauliflower** and **parsnip** on a lined oven tray. Drizzle with **olive oil** and sprinkle over the **chicken-style stock powder**. Toss to coat, spread out evenly, then roast until tender and browned around the edges, **20-25 minutes**.

2



## Prep the tomato

While the veggies are roasting, cut the **tomato** into wedges.

3



## Crumb the beef

In a shallow bowl, combine the **plain flour**, **salt** and **Aussie spice blend**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs** (see ingredients). Pull apart the **beef schnitzels** so you get 2 per person. Coat the **beef** in the **flour mixture**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.

4



## 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 cover the base. Cook the **beef schnitzels** in batches until golden and cooked through, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

5



## Toss the salad

While the beef is cooking, combine the **salad leaves**, **tomato** and a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season to taste. Set aside. When the roasted veggies are done, transfer them to a large bowl and toss with the **mayonnaise**. Season with **pepper**.

6



## Serve up

Slice the spiced beef schnitzel. Divide the beef, creamy roasted veggies and tomato salad between plates.

## Enjoy!