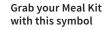
Spiced Beef Schnitzel with Creamy Roasted Veggies & Tomato Salad









Parsnip





Chicken-Style Stock Powder

Tomato





Aussie Spice Blend

Panko Breadcrumbs





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

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	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*	1/4 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

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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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



Prep the tomato

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



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.



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.



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.



Serve up

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

Enjoy!