



Quick Pork Schnitzel & Mustard Gravy

with Creamy Potatoes & Tomato Salad

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Tomato



Lemon Pepper Seasoning



Panko Breadcrumbs



Pork Schnitzels



Gravy Granules



Wholegrain Mustard



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Chicken Breast

Prep in: 25-35 mins
Ready in: 25-35 mins



Calorie Smart[^]
[^]Custom recipe is not Calorie Smart



Eat Me Early*
*Custom Recipe only

Nothing says a pub night like a good ol' pork schnitzel and potato combo. Make this classic dish in the comfort of your home and watch as the aromas of the creamy mustard gravy that douses the schnittys and the mayo-coated potatoes fill the air ... and your stomachs!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Egg, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
tomato	1	2
lemon pepper seasoning	1 medium sachet	2 medium sachets
plain flour*	1 tbs	2 tbs
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 small packet	2 small packets OR 1 large packet
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
wholegrain mustard	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2688kJ (642Cal)	510kJ (122Cal)
Protein (g)	44.2g	8.4g
Fat, total (g)	22.9g	4.3g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	62.1g	11.8g
- sugars (g)	10.5g	2g
Sodium (mg)	1803mg	342mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2819kJ (674Cal)	510kJ (122Cal)
Protein (g)	49.7g	9g
Fat, total (g)	24.7g	4.5g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	60.2g	10.9g
- sugars (g)	10.2g	1.8g
Sodium (mg)	1492mg	270mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the potatoes & get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into large chunks.
- Spread **potato** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **potatoes** on high, **3 minutes**.
- Drain any excess liquid, then place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until golden and tender, **10-15 minutes**.
- Meanwhile, roughly chop **tomato**.

3



Make the gravy

- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2P / 1 cup for 4P), whisking until smooth, **1 minute**.
- Stir through **wholegrain mustard** until combined. Season to taste.
- To the tray with roast potatoes, add **dill & parsley mayonnaise** and toss to combine. Season with **salt** and **pepper**.

2

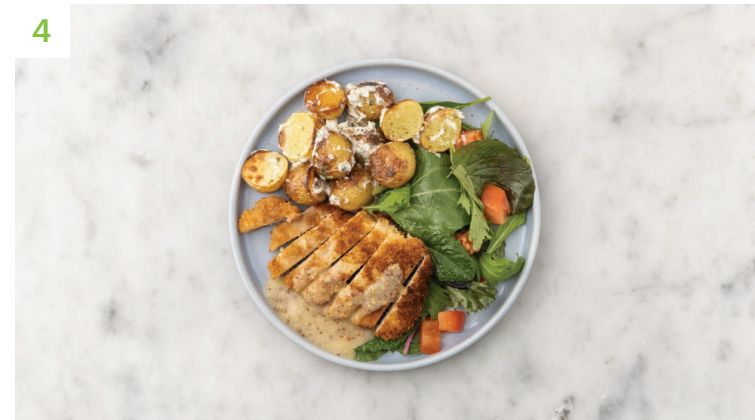


Cook the schnitzels

- In a shallow bowl, combine **lemon pepper seasoning**, the **plain flour** and the **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**. Separate **pork schnitzels**.
- Dip **pork** into **flour mixture**, followed by **egg**, and finally in **panko breadcrumbs**. Set aside.
- In a large frying pan, heat enough **olive oil** to coat the base, over high heat.
- Cook **pork schnitzel**, in batches, until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: If you've swapped to chicken breast, pound each chicken breast with a rolling pin, until they are about 1cm thick. Crumb chicken in the same way as the pork. Heat pan as above, cooking chicken in batches until golden and cooked through, 2-4 minutes each side.

4



Serve up

- In a large bowl, combine the **honey** and a drizzle of the **vinegar** and **olive oil**. Season to taste.
- Add **tomato** and **mixed salad leaves**, then toss to combine.
- Slice pork schnitzels. Divide pork, creamy potatoes and tomato salad between plates. Serve with mustard gravy. Enjoy!

Rate your recipe

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