



Peanut Crumbed Pork Schnitzel & Creamy Slaw

with Makrut Lime-Oyster Sauce

NEW

Grab your Meal Kit with this symbol



Makrut Lime Leaves



Pear



Oyster Sauce



Mayonnaise



Panko Breadcrumbs



Crushed Peanuts



Pork Schnitzels



Slaw Mix



Baby Spinach Leaves



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Eat Me Early*
*Custom Recipe only

Enjoy this carb-smart and guilt-free pork schnitzel which has been laced with crushed peanuts to take it to the next level. We also wouldn't be HelloFresh if we didn't make a bountiful creamy slaw to pair it with, so quickly plate it up and try not to eat it all before it reaches the dinner table.

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

Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Plain Flour, Egg

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
makrut lime leaves	2 leaves	4 leaves
pear	½	1
oyster sauce	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
mayonnaise	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
crushed peanuts	1 large packet	2 large packets
pork schnitzels	1 small packet	2 small packets OR 1 large packet
slaw mix	1 small bag	1 large bag
baby spinach 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)	2416kJ (577Cal)	633kJ (151Cal)
Protein (g)	43.3g	11.3g
Fat, total (g)	25.9g	6.8g
- saturated (g)	4.4g	1.2g
Carbohydrate (g)	39.7g	10.4g
- sugars (g)	15.4g	4g
Sodium (mg)	1882mg	493mg
Dietary Fibre (g)	7.1g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2564kJ (613Cal)	630kJ (151Cal)
Protein (g)	47.9g	11.8g
Fat, total (g)	28.6g	7g
- saturated (g)	5.2g	1.3g
Carbohydrate (g)	37.8g	9.3g
- sugars (g)	15.1g	3.7g
Sodium (mg)	1576mg	387mg
Dietary Fibre	7.3g	1.8g

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!

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Get prepped

- Remove centre veins from **makrut lime leaves**, then very finely chop.
- Thinly slice **pear** (see ingredients) into wedges.
- In a small bowl, combine **makrut leaves**, **oyster sauce**, the **brown sugar** and the **water**.
- In a second small bowl, combine **mayonnaise** and the **soy sauce**.

TIP: The leaves are fibrous so make sure to cut them very thin.



Toss the slaw

- Meanwhile, in a medium bowl, combine **pear**, **slaw mix**, **baby spinach leaves**, **soy mayonnaise** and a drizzle of **olive oil**.
- Toss to combine and season.



Crumb the pork

- In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs** and **crushed peanuts**.
- Dip **pork schnitzels** into **flour mixture** to coat, then into **egg**, and finally in **breadcrumbs**. Set aside on a plate.

Custom Recipe: If you've swapped to chicken breast, place each chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm. Crumb chicken in the same way as above.



Make the sauce

- Wipe out frying pan and return to medium-low heat.
- Cook **makrut-lime sauce mixture**, stirring, until bubbling, **1 minute**.



Cook the schnitzels

- 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: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.



Serve up

- Slice pork.
- Divide peanut-crumbed pork and creamy slaw between plates.
- Spoon makrut lime-oyster sauce over pork to serve. Enjoy!

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