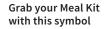


Peanut Crumbed Pork Schnitzel & Creamy Slaw

with Makrut Lime-Oyster Sauce

NEW











Oyster Sauce



Mayonnaise



Panko Breadcrumbs







Slaw Mix

Pork Schnitzels





Baby Spinach Leaves



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

Eat Me Early*

*Custom Period

*Custom Recipe only



Enjoy this carb-smart and guilt-free pork schnitty 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.

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
makrut lime leaves	2 leaves	4 leaves
pear	1/2	1
oyster sauce	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
water*	1/4 cup	½ cup
mayonnaise	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
plain flour*	2 tbs	⅓ 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!

Scan here if you have any questions or concerns





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.



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.



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.



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.



Make the sauce

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



Serve up

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

Rate your recipe

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