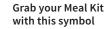


Peanut-Crumbed Pork Schnitzel & Creamy Slaw

with Makrut Lime-Oyster Sauce

EXPLORER













Oyster Sauce

Panko Breadcrumbs





Crushed Peanuts

Pork Schnitzels



Mayonnaise







Prep in: 15-25 mins Ready in: 20-30 mins Eat Me Early*

*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.



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

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

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
makrut lime leaves	2 leaves	4 leaves		
sweetcorn	1 tin (125g)	1 tin (300g)		
oyster sauce	1 medium packet	1 large packet		
brown sugar*	1 tsp	2 tsp		
water*	½ cup	½ cup		
plain flour*	2 tbs	1/4 cup		
egg*	1	2		
panko breadcrumbs	⅓ medium packet	⅓ large packet		
crushed peanuts	1 large packet	2 large packets		
pork schnitzels	1 small packet	2 small packets OR 1 large packet		
mayonnaise	1 medium packet	1 large packet		
soy sauce*	1 tsp	2 tsp		
deluxe slaw mix	1 large bag	2 large bags		
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)	2506kJ (599Cal)	555kJ (133Cal)
Protein (g)	45g	10g
Fat, total (g)	26.8g	5.9g
- saturated (g)	4.6g	1g
Carbohydrate (g)	40g	8.9g
- sugars (g)	16.2g	3.6g
Sodium (mg)	1968mg	436mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2654kJ (634Cal)	557kJ (133Cal)
Protein (g)	49.6g	10.4g
Fat, total (g)	29.6g	6.2g
- saturated (g)	5.3g	1.1g
Carbohydrate (g)	38.1g	8g
- sugars (g)	15.9g	3.3g
Sodium (mg)	1662mg	349mg

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!





Get prepped

- Remove centre veins from makrut lime leaves, then very finely chop.
- Drain sweetcorn.
- In a small bowl, combine makrut leaves, oyster sauce, the brown sugar and the water.
- 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, combine panko breadcrumbs (see ingredients) 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 your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Coat chicken in the flour, egg and panko.



Make the sauce & assemble the slaw

- Wipe out frying pan and return to medium-low heat. Cook **oyster sauce** mixture, stirring, until bubbling, 1 minute.
- Meanwhile, in a small bowl, combine mayonnaise and the soy sauce.
- In a large bowl, combine deluxe slaw mix, corn, soy-mayonnaise and a drizzle of olive oil. Season.



Cook the schnitzels

- In a large frying pan, heat enough **olive oil** to coat the base over high heat.
- Cook **pork schnitze**l 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), 3-5 minutes each side. Transfer to a paper towel-lined plate.



Serve up

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

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

