



Peanut-Crumbed Pork Schnitzel & Creamy Slaw with Makrut Lime-Oyster Sauce

EXPLORER

Grab your Meal Kit
with this symbol



Makrut Lime
Leaves



Sweetcorn



Oyster Sauce



Panko Breadcrumbs



Crushed Peanuts



Pork Schnitzels



Mayonnaise



Deluxe Slaw
Mix



Chicken
Breast

Prep in: 15-25 mins
Ready in: 20-30 mins

Carb Smart

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.

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

Pantry items

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

	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*	¼ cup	½ cup
plain flour*	2 tbs	¼ cup
egg*	1	2
panko		
breadcrumbs	⅔ medium packet	⅔ 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!

Scan here if you have any questions or concerns



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 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), 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