



Herby Crumbed Pork & Cheesy Bacon Wedges with Apple Salad & Mustard Mayo

HALL OF FAME

Grab your Meal Kit
with this symbol



Potato



Diced Bacon



Cheddar Cheese



Apple



Herb Crumbing
Mix



Pork Schnitzels



Baby Spinach
Leaves



Mustard Mayo



Chicken
Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

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

This meal is all about the generous protein and carb additions. You've got super cheesy savoury bacon wedges that are cooked to perfection in the oven teamed with herby crumbed pork and finished with a sweet salad. Every bite packs major flavour punch!

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
diced bacon	1 packet (90g)	1 packet (180g)
Cheddar cheese	1 medium packet	1 large packet
apple	1	2
plain flour*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
egg*	1	2
herb crumbing mix	1 medium packet	1 large packet
pork schnitzels	1 small packet	2 small packets OR 1 large packet
honey*	1 tsp	2 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
baby spinach leaves	1 medium bag	1 large bag
mustard mayo	1 medium packet	2 medium packets 2 small packets
chicken breast**	1 small packet	OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3289kJ (786Cal)	563kJ (135Cal)
Protein (g)	55.2g	9.4g
Fat, total (g)	35.5g	6.1g
- saturated (g)	10g	1.7g
Carbohydrate (g)	59.5g	10.2g
- sugars (g)	16.3g	2.8g
Sodium (mg)	1762mg	301mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3437kJ (821Cal)	564kJ (135Cal)
Protein (g)	59.8g	9.8g
Fat, total (g)	38.2g	6.3g
- saturated (g)	10.8g	1.8g
Carbohydrate (g)	57.6g	9.4g
- sugars (g)	16.1g	2.6g
Sodium (mg)	1456mg	239mg

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



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until just tender, **20 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.



Make it cheesy

- Remove tray from oven and sprinkle **diced bacon** and **Cheddar cheese** over wedges (you may need to break up the bacon with your hands).
- Bake until wedges are tender and cheese is melted, a further **7-10 minutes**.



Get prepped

- Meanwhile, thinly slice **apple** into wedges.
- In a shallow bowl, combine the **plain flour** and **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **herb crumbing mix**. Separate **pork schnitzels**.
- Dip **pork** into **flour mixture** to coat, then into the **egg** and finally in the **crumbing mix**. Set aside on a plate.

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

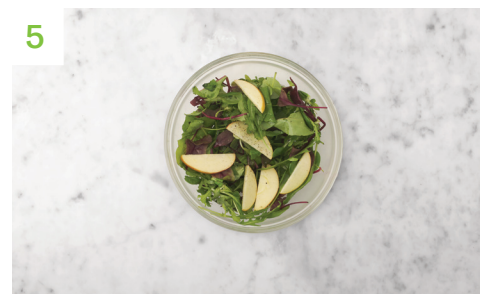


Cook the pork schnitzels

- When the fries have **10 minutes** remaining, in a large frying pan, heat enough **olive oil** to coat the base over high heat.
- Cook **pork schnitzel** in batches, turning, until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.

Custom Recipe: Heat frying pan as above. 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 salad

- In a large bowl, combine the **honey** and a drizzle of **vinegar** and **olive oil**. Add **baby spinach leaves** and **apple** then toss to coat. Season.



Serve up

- Slice pork.
- Divide herby crumbed pork, cheesy bacon wedges and apple salad between plates.
- Serve with **mustard mayo**. Enjoy!

Rate your recipe

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