



Dukkah Crumbed Pork Schnitzel

with Lemon Parsley Roast Vegetables & Garlic Sauce

MEDITERRANEAN

Grab your Meal Kit with this symbol



Potato



Carrot



Zucchini



Beetroot



Brown Onion



Paprika Spice Blend



Lemon



Parsley



Pork Schnitzels



Panko Breadcrumbs



Dukkah



Garlic Sauce

Recipe Update

We've replaced the chicken breast in this recipe with pork schnitzels due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Pork Schnitzels

Prep in: 25-35 mins
Ready in: 35-45 mins

Calorie Smart

A feast for the eyes and the tastebuds, this colourful confetti of roasted vegetables is sure to put you in a good mood. Such a delicious concoction needs an equally bold buddy and what better than fragrant dukkah to really liven up the party?

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

Pantry items

Olive Oil, Plain Flour, Egg, Honey

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	1	2
carrot	1	2
zucchini	1	2
beetroot	1	2
brown onion	1	2
paprika spice blend	1 sachet	2 sachets
lemon	½	1
parsley	1 bag	1 bag
pork schnitzels	1 small packet	2 small packets
plain flour*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
dukkah	1 medium sachet	1 large sachet
honey*	½ tbs	1 tbs
garlic sauce	1 medium packet	2 medium packets
pork schnitzels**	1 small packet	2 small packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2415kJ (577Cal)	347kJ (83Cal)
Protein (g)	51.6g	7.4g
Fat, total (g)	16.1g	2.3g
- saturated (g)	2.2g	0.3g
Carbohydrate (g)	54.6g	7.8g
- sugars (g)	22.3g	3.2g
Sodium (mg)	920mg	132mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2306kJ (551Cal)	344kJ (82Cal)
Protein (g)	44.4g	6.6g
Fat, total (g)	15.6g	2.3g
- saturated (g)	2.1g	0.3g
Carbohydrate (g)	56.3g	8.4g
- sugars (g)	22.6g	3.4g
Sodium (mg)	1240mg	185mg

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



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato, carrot** and **zucchini** into bite-sized chunks. Cut **beetroot** into 1cm chunks. Roughly chop **brown onion**.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **paprika spice blend**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**. Set aside to cool slightly.

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

4



Cook the pork

- When veggies have **10 minutes** remaining, in a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- Cook **pork schnitzels** in batches until golden and cooked through (when no longer pink inside), **1-2 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the pork schnitzels don't stick to the pan!

2



Get prepped

- Meanwhile, slice **lemon** into wedges.
- Roughly chop **parsley**.

5



Toss the veggies

- Add **chopped parsley**, the **honey** and a generous squeeze of **lemon juice** to the tray with the roast veggies. Toss until well combined. Season.

3



Prep the pork

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

Custom Recipe: If you've doubled your pork schnitzels, crumb as above.

6



Serve up

- Slice pork.
- Divide dukkah crumbed pork schnitzel and lemon parsley roast vegetables between plates.
- Serve with **garlic sauce**. Enjoy!

Rate your recipe

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