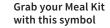
Dukkah Crumbed Pork Schnitzel

with Lemon Parsley Roast Vegetables & Garlic Sauce

MEDITERRANEAN













Zucchini





Brown Onion

Paprika Spice Blend



Parsley



Lemon



Pork Schnitzels

Panko Breadcrumbs

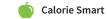




Dukkah

Garlic Sauce

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



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?

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

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	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	1/2	1	
parsley	1 bag	1 bag	
pork schnitzels	1 small packet	2 small packets	
plain flour*	2 tbs	1/4 cup	
salt*	1/4 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.



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.



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!



Get prepped

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



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.



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.



Serve up

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



