



Peanut-Crumbed Pork Schnitzel

with Pea Pod Slaw & Sesame-Soy Dressing

Grab your Meal Kit with this symbol



Pea Pods



Carrot



Sesame Dressing



Southeast Asian Spice Blend



Panko Breadcrumbs



Crushed Peanuts



Pork Schnitzels



Shredded Cabbage Mix

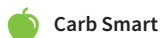


Japanese Style Dressing



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins



Eat Me Early*
*Custom Recipe only

Enjoy this carb-smart and guilt-free pork schnitzel 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 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, Soy Sauce, Plain Flour, Egg

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
pea pods	1 small packet	1 medium packet
carrot	1	2
sesame dressing	1 medium packet	2 medium packets
soy sauce*	1 tsp	2 tsp
plain flour*	1 tsp	2 tsp
salt*	¼ tsp	½ tsp
Southeast Asian spice blend	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
shredded cabbage mix	1 medium packet	1 large packet
Japanese style dressing	1 packet	2 packets
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2077kJ (496Cal)	500kJ (120Cal)
Protein (g)	39.3g	9.5g
Fat, total (g)	19.8g	4.8g
- saturated (g)	2.6g	0.6g
Carbohydrate (g)	38.5g	9.3g
- sugars (g)	13.7g	3.3g
Sodium (mg)	1315mg	317mg
Dietary Fibre (g)	10.6g	2.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2186kJ (522Cal)	497kJ (119Cal)
Protein (g)	46.6g	10.6g
Fat, total (g)	20.2g	4.6g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	36.8g	8.4g
- sugars (g)	13.4g	3g
Sodium (mg)	995mg	226mg
Dietary Fibre	10.7g	2.4g

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

- Trim and thinly slice **pea pods** lengthways.
- Grate **carrot**.
- In a small bowl, combine **sesame dressing** and the **soy sauce**.

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.



Make the slaw

- While pork is cooking, in a large bowl, combine **shredded cabbage mix**, **pea pods**, **carrot**, **Japanese style dressing** and a drizzle of **olive oil**. Season to taste.



Cook the pork schnitzels

- In a shallow bowl, combine the **plain flour**, **salt** and **Southeast Asian spice blend**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **crushed peanuts**.
- Pull apart **pork schnitzels**. Dip **pork** into **spice blend mixture**, followed by the **egg** and finally in the **panko breadcrumb mixture**. Set aside on a plate.
- In a large frying pan, heat enough **olive oil** to coat the base over high heat. Fry **pork schnitzels** in batches, until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: Prepare crumbing station as above. Dip chicken into spice blend mixture, followed by the egg and in the panko breadcrumb mixture. Set aside on a plate. 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), 2-4 minutes each side. Transfer to a paper towel-lined plate.



Serve up

- Slice pork schnitzels.
- Divide peanut crumbed schnitzels and pea pod slaw between plates.
- Drizzle over soy-sesame dressing to serve. Enjoy!

Rate your recipe

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