



# Pork Schnitzel & Cheesy Garlic Sauce

with Roast Sweet Potato & Apple Salad

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Panko Breadcrumbs



Pork Schnitzels



Garlic



Apple



Light Cooking Cream



Parmesan Cheese



Mixed Salad Leaves



Chicken Breast

Prep in: 30-40 mins  
Ready in: 35-45 mins

Eat Me Early\*  
\*Custom Recipe only

Smother golden pork schnitzels with a Parmesan and cream-spiked garlic sauce and leave your worries behind while you go to food heaven - all while getting some greens in thanks to the sweet and peppery salad.

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

### Pantry items

Olive Oil, Plain Flour, Egg, Butter, Balsamic Vinegar

## 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
<b>salt*</b>	1 tsp	2 tsp
<b>plain flour*</b>	2 tbs	¼ cup
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
garlic	1 clove	2 cloves
apple	1	2
<b>butter*</b>	15g	30g
light cooking cream	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
<b>balsamic vinegar*</b>	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
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)	3104kJ (742Cal)	534kJ (128Cal)
Protein (g)	48.5g	8.3g
Fat, total (g)	29.5g	5.1g
- saturated (g)	16.5g	2.8g
Carbohydrate (g)	69.2g	11.9g
- sugars (g)	20.4g	3.5g
Sodium (mg)	1673mg	288mg
Dietary Fibre (g)	9.5g	1.6g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3184kJ (761Cal)	525kJ (125Cal)
Protein (g)	55.5g	9.2g
Fat, total (g)	29.4g	4.8g
- saturated (g)	16.4g	2.7g
Carbohydrate (g)	67.2g	11.1g
- sugars (g)	20.1g	3.3g
Sodium (mg)	1344mg	222mg
Dietary Fibre	9.3g	1.5g

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](https://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



## Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

**Little cooks:** Take the lead and help toss the sweet potato with the oil and salt!



## Get prepped

- Finely chop **garlic**.
- Thinly slice **apple** into wedges.



## Make the crumb

- Meanwhile, combine the **salt**, **plain flour** and a good pinch of **pepper** in a shallow bowl.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs**.
- Pull apart **pork schnitzels** so you get two per person. Dip each **schnitzel** into seasoned **flour** to coat, then into **egg** and finally into **breadcrumbs**. Set aside on a plate.

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



## Cook the sauce

- Wash frying pan, then return to medium heat with the **butter** and a drizzle of **olive oil**. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **light cooking cream** and **Parmesan cheese**, stirring to combine. Reduce heat to low and simmer for **2 minutes**. Season to taste, then remove from heat.
- While the sauce is simmering, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season, then add **mixed salad leaves** and **apple**. Toss to combine.

**TIP:** Add a splash of water if the sauce mixture looks too thick.



## Cook the schnitzel

- In a large frying pan, heat enough **olive oil** to coat the base over high heat.
- When oil is hot, cook **pork schnitzels**, in batches, until golden and cooked through, **1-2 minutes** each side (add extra oil between batches if needed so the schnitzels don't stick to the pan!). Transfer to a paper towel-lined plate.

**Custom Recipe:** Heat olive oil in the frying pan as above, over medium-high heat. Cook crumbed chicken in batches, until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.



## Serve up

- Divide pork schnitzel, roast sweet potato and apple salad between plates.
- Drizzle cheesy garlic sauce over schnitzel to serve. Enjoy!

**Little cooks:** Under adult supervision, help drizzle the sauce over the schnitzel. Be careful, the sauce is hot!

## Rate your recipe

Did we make your tastebuds happy?

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