



Lemon Pepper Pork Schnitzel & Cheesy Cauliflower Gratin with Carrot Ribbon Salad

COSY COMFORTS

NEW

Grab your meal kit
with this number

39



Cauliflower



Garlic & Herb Seasoning



Light Cooking Cream



Vegetable Stock Powder



Lemon Pepper Seasoning



Panko Breadcrumbs



Pork Schnitzels



Parmesan Cheese



Carrot



Dijon Mustard



Mixed Salad Leaves



Chicken Breast



Diced Bacon



THE GARFIELD MOVIE

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!
Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

Prep in: **20-30 mins**
Ready in: **35-45 mins**

Dig into the ultimate comfort food - a golden schnitzel and cheesy baked cauliflower! Pork schnitzels coated in our classic lemon pepper blend create a crispy and delectable result. Then, to amp up the flavour, serve it with our decadent cauliflower gratin and delicate salad.

Pantry items

Olive Oil, Butter, Plain Flour, Milk, Egg, Honey, Vinegar (White Wine Or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium or large baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
garlic & herb seasoning	1 medium sachet	1 large sachet
butter*	20g	40g
plain flour*	2 tbs	¼ cup
light cooking cream	1 medium packet	1 large packet
milk*	½ cup	¾ cup
vegetable stock powder	1 medium sachet	1 large sachet
lemon pepper seasoning	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
Parmesan cheese	1 medium packet	1 large packet
carrot	1	2
Dijon mustard	1 packet	2 packets
honey*	1 tsp	2 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3426kJ (819Cal)	543kJ (130Cal)
Protein (g)	50.4g	8g
Fat, total (g)	45.8g	7.3g
- saturated (g)	19.9g	3.2g
Carbohydrate (g)	50.7g	8g
- sugars (g)	20.1g	3.2g
Sodium (mg)	1967mg	311mg
Dietary Fibre (g)	7g	1.1g

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 cauliflower

- Preheat oven to **220°C/200°C fan-forced**. Cut **cauliflower** into small florets.
- Place in a baking dish. Sprinkle with **garlic & herb seasoning** and drizzle with **olive oil**.
- Toss to coat, then roast until just tender, **15-18 minutes**.

4



Cook the pork schnitzels

- When gratin has **5 minutes** remaining, wash out frying pan and return to medium-high heat with enough **olive oil** to coat the base.
- Cook **pork schnitzel** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Ensure the oil is hot before cooking the pork schnitzels for best results!

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken breast horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



ADD DICED BACON

Cook bacon, breaking up with a spoon, 4-6 minutes.

2



Get prepped

- In a shallow bowl, combine **lemon pepper seasoning**, the remaining **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **pork schnitzels** into **flour mixture** to coat, followed by the **egg**, and finally in **breadcrumbs**. Set aside on a plate.

5



Toss the salad

- Using a vegetable peeler, peel **carrot** into ribbons.
- In a medium bowl, combine **Dijon mustard**, the **honey** and a drizzle of **vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Add **carrot** and **mixed salad leaves**, tossing to coat.

3



Bake the gratin

- Meanwhile, melt the **butter** in large frying pan over medium heat. Add half the **plain flour** and cook, stirring, until a thick paste forms, **1-2 minutes**.
- Remove pan from heat, then slowly whisk in **light cooking cream**, the **milk** and **vegetable stock powder**, until smooth. Season with **pepper**.
- Pour sauce over **cauliflower** in baking dish. Sprinkle with **Parmesan cheese**.
- Bake **cauliflower gratin** until golden and bubbling, **8-10 minutes**.

6



Serve up

- Slice pork schnitzels.
- Divide lemon pepper pork schnitzels, cheesy cauliflower gratin and carrot ribbon salad between plates to serve. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

