

Lemon Pepper Pork Schnitzel & Cheesy Cauliflower Gratin

with Carrot Ribbon Salad

COSY COMFORTS

NEW







Seasoning



Light Cooking





Powder

Cream



Lemon Pepper Seasoning







Pork Schnitzels



Parmesan Cheese



Carrot



Dijon Mustard



Mixed Salad Leaves







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

Dig into the ultimate comfort food - a golden schnitty 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 refer to method cauliflower 1 large portion 2 large portions seasoning butter* 20g plain flour* 2 tbs 1/3 cup light cooking cream milk* 1 large packet 1 large packet 2 tbs 1/3 cup 2/3 cup vegetable stock powder lemon pepper 1 seable stock 2 and the seasoning 2 to milk 2 to milk 3 cup 2 cup	ingi caici ica			
cauliflower garlic & herb seasoning butter* 20g plain flour* light cooking cream milk* vegetable stock powder large portions 2 large portions 1 large sachet 1 large sachet 1 large portions 1 large sachet 1 large sachet 1 large sachet				
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powder I medium sacnet I large sacnet				
lemon nenner				
seasoning 1 sachet 2 sachets				
<i>egg</i> [⋆] 1 2				
panko breadcrumbs 1 medium packet 1 large packet				
pork schnitzels 1 medium packet 2 medium packet OR 1 large packet				
Parmesan cheese 1 medium packet 1 large packet				
carrot 2				
Dijon mustard 1 packet 2 packets				
honey* 1 tsp 2 tsp				
vinegar* (white wine or drizzle drizzle balsamic)				
mixed salad leaves 1 small packet 1 medium packet	et			

^{*}Pantry Items

Nutrition

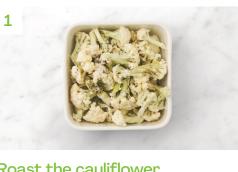
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3426kJ (819Cal)	543kJ (130Cal)
Protein (g)	50.4g	8g
Fat, total (g)	45.8g	7.3g
- saturated (g)	19.9g	3.2g
Carbohydrate (g)	50.7g	8g
- sugars (g)	20.1g	3.2g
Sodium (mg)	1967mg	311mg
Dietary Fibre (g)	7g	1.1g

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.



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.



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.



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
- Pour sauce over cauliflower in baking dish. Sprinkle with Parmesan cheese.
- Bake cauliflower gratin until golden and bubbling, 8-10 minutes.



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!



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.



Serve up

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





SWAP TO CHICKEN BREAST

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



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

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

