



German-Style Pork Schnitzel & Mash

with Braised Cabbage & Mustard Gravy

NEW

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit
with this number

40



Potato



Garlic



Leek



Paprika Spice
Blend



Panko Breadcrumbs



Pork Schnitzels



Shredded Cabbage
Mix



Baby Spinach
Leaves



Gravy Granules



Wholegrain Mustard



Parmesan
Cheese



Chicken
Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Crispy pork schnitzel teamed with a colourful braised cabbage mix, creamy mash and tangy mustard gravy is a harmonious balance of colour, crunch and flavour. You'll be digging into this delightful dish in no time!

Pantry items

Olive Oil, Butter, Milk, Plain Flour, Egg, Balsamic Vinegar, Brown Sugar

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

Large saucepan with a lid · Air fryer · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter* (for the mash)	40g	80g
milk*	2 tbs	¼ cup
garlic	2 cloves	4 cloves
leek	1	2
plain flour*	1 tbs	2 tbs
paprika spice blend	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
butter* (for the veg)	20g	40g
shredded cabbage mix	1 medium packet	1 large packet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
gravy granules	1 medium sachet	1 large sachet
wholegrain mustard	½ packet	1 packet
boiling water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3866kJ (924cal)	381kJ (91cal)
Protein (g)	77g	7.6g
Fat, total (g)	40.9g	4g
- saturated (g)	10.4g	1g
Carbohydrate (g)	58.5g	5.8g
- sugars (g)	14.9g	1.5g
Sodium (mg)	1823mg	179.4mg
Dietary Fibre (g)	13.1g	1.3g

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

2024 | CW39



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water over high heat until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter (for the mash)** and **milk** to potato and season with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Braise the cabbage

- While the pork is cooking, heat a large frying pan over medium-high heat with the **butter (for the veg)** and a drizzle of **olive oil**.
- Cook **shredded cabbage mix**, **garlic** and **leek**, stirring, until softened, **2-3 minutes**.
- Add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Cook, stirring occasionally, until softened, **1-2 minutes**.
- Stir in **baby spinach leaves** until wilted. Season to taste.



Get prepped

- Meanwhile, finely chop **garlic**. Thinly slice **leek**.
- In a shallow bowl, combine the **plain flour** and **paprika spice blend**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and a good drizzle of **olive oil** (2tbs for 2 people / ¼ cup for 4 people).
- Dip **pork schnitzel** into **flour mixture**, followed by **egg** and finally into the **breadcrumbs**. Set aside on a plate.

TIP: No air fryer? Leave the oil out of the crumb.



Make the gravy

- In a medium bowl, combine **gravy granules**, **wholegrain mustard (see ingredients)** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking until smooth, **1 minute**.

TIP: Wholegrain mustard has a strong flavour – add less if desired.



Cook the pork

- Set air fryer to **200°C**. Place **crumbed pork** into air fryer basket and cook, turning halfway, until golden and cooked through, **6-8 minutes**. Cook in batches if needed.

TIP: No air fryer? Heat a large frying pan over 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.



Serve up

- Slice pork.
- Divide German-style pork schnitzel, mash and braised cabbage between plates.
- Serve with mustard gravy. Enjoy!

CUSTOM OPTIONS



ADD PARMESAN CHEESE

Add cheese to the panko mixture before crumbing.



SWAP TO CHICKEN BREAST

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

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

