

# Southeast Asian Pork Schnitzel

with Soy-Ginger Sweet Potatoes & Apple Slaw

NEW

KID FRIENDLY

Grab your meal kit with this number

39



**Recipe Update**

We've replaced the potato in this recipe with sweet potato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Sweet Potato



Garlic



Carrot



Apple



Ginger Paste



Southeast Asian Spice Blend



Panko Breadcrumbs



Pork Schnitzels



Shredded Cabbage Mix



Mayonnaise



Chicken Thigh



Chicken Breast

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

Calorie Smart

Protein Rich

This fusion of flavours is truly a happy accident! With Southeast Asian pork, soy-ginger roast sweet potatoes and a bright apple slaw, you'll be wanting to merge and mix cuisines all of the time!

**Pantry items**

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine), Egg

## 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

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
garlic	2 cloves	4 cloves
carrot	1	2
apple	1	2
<b>soy sauce*</b>	2 tsp	1 tbs
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
ginger paste	1 medium packet	1 large packet
Southeast Asian spice blend	1 medium sachet	2 medium sachets
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	2 medium packets
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2306kJ (551cal)	229kJ (55cal)
Protein (g)	29g	2.9g
Fat, total (g)	26.4g	2.6g
- saturated (g)	3.7g	0.4g
Carbohydrate (g)	47.1g	4.7g
- sugars (g)	15.3g	1.5g
Sodium (mg)	1573mg	156.1mg
Dietary Fibre (g)	10.6g	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](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

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## Bake the sweet potatoes

- Preheat oven to **240°C/220°C fan forced**.
- Cut **sweet potato** into chunks.
- Place **sweet potato**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** on a lined oven tray.
- Toss to coat, then roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is getting crowded, divide the sweet potato between two trays.



## Cook the pork

- When the potatoes have **10 minutes** remaining, return the frying pan 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.



## Get prepped

- While potato is baking, finely chop **garlic**. Grate **carrot**. Slice **apple** into thin sticks.
- In a small bowl, combine the **soy sauce** and a drizzle of **vinegar**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Add **garlic** and **ginger paste** and cook, stirring until fragrant, **1 minute**.
- Transfer **garlic** and **ginger oil** to the bowl with soy sauce and stir to combine. Set aside.



## Toss the slaw

- Meanwhile, in a medium bowl, combine a drizzle of the **vinegar**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**.
- Add **shredded cabbage mix**, **carrot** and **apple** and toss to combine.
- To the roasted sweet potatoes, pour over the **soy-ginger sauce** and toss to combine on the oven tray.



## Prep the pork

- In a shallow bowl, combine **Southeast Asian spice blend** and a good pinch of **salt** and **pepper**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place the **panko breadcrumbs**.
- Dip **pork schnitzels** into the **spice mixture**, followed by the **egg** and finally in the **breadcrumbs**. Set aside.



## Serve up

- Slice the pork.
- Divide Southeast Asian pork schnitzel, soy-ginger sweet potatoes and apple slaw between plates.
- Serve with **mayonnaise**. Enjoy!

### CUSTOM OPTIONS



#### SWAP TO CHICKEN THIGH

Follow crumbing above and cook for 3-5 minutes each side.



#### 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.

