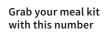


Southeast Asian Pork Schnitzel

with Soy-Ginger Sweet Potatoes & Apple Slaw

KID FRIENDLY









Sweet Potato





Carrot



Ginger Paste





Southeast Asian Spice Blend





Panko Breadcrumbs Pork Schnitzels



Shredded Cabbage



Mayonnaise

Recipe Update





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

Protein Rich



Calorie Smart

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 \cdot Large frying pan

Ingredients

•		
	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
garlic	2 cloves	4 cloves
carrot	1	2
apple	1	2
soy sauce*	2 tsp	1 tbs
vinegar* (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
egg*	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
at, 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



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.



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.



Serve up

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







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



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.

