



Pork Schnitzels & Creamy Peppercorn Sauce

with Wedges & Garden Salad

NEW

KID FRIENDLY

Grab your meal kit with this number

1



Potato



Garlic



Cucumber



Mixed Salad Leaves



Garlic & Herb Seasoning



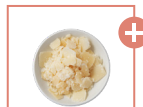
Panko Breadcrumbs



Pork Schnitzels



Light Cooking Cream



Parmesan Cheese



Diced Bacon

Prep in: 25-35 mins
Ready in: 40-50 mins



Protein Rich



Calorie Smart

Get some more pork on your fork with this delicious schnitz number! To perfectly complement the pork, whip up a super easy pepper sauce and pair this protein with crispy potato wedges and a simple garden salad.

Pantry items

Olive Oil, Plain Flour, Egg, Cracked Black Pepper, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
cucumber	1	2
mixed salad leaves	1 medium packet	1 large packet
plain flour*	1 tbs	2 tbs
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
light cooking cream	1 medium packet	1 large packet
cracked black pepper*	¼ tsp	½ tsp
vinegar* (white wine or balsamic)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2346kJ (561cal)	265kJ (63cal)
Protein (g)	36.1g	4.1g
Fat, total (g)	20g	2.3g
- saturated (g)	9.9g	1.1g
Carbohydrate (g)	55.8g	6.3g
- sugars (g)	9.2g	1g
Sodium (mg)	757mg	85.5mg
Dietary Fibre (g)	6.6g	0.7g

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.

1

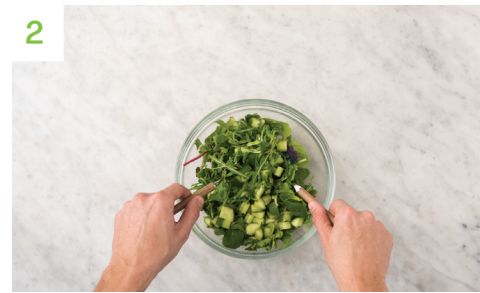


Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges, then place **potato** on a lined oven tray. Drizzle with **olive oil** and season with **salt**.
- Toss to coat, spread out evenly, then bake until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Roughly chop **cucumber**.
- In a large bowl, combine **cucumber** and **mixed salad leaves**. Set aside.

3



Crumb the pork

- In a shallow bowl, combine the **plain flour** and **garlic & herb seasoning**, then season with a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **pork schnitzels** in the **flour mixture**, followed by the **egg**, then in the **panko breadcrumbs**. Transfer to a plate.

4



Cook the schnitzels

- In a large frying pan, heat enough **olive oil** to coat the base over high heat.
- Cook **pork schnitzel** in batches, until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

5



Make the peppercorn sauce

- Wash frying pan, then return to medium-low heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Add **light cooking cream** and the **cracked black pepper**, then cook, stirring, until warmed and fragrant, **1-2 minutes**. Season to taste with **salt**.

6



Serve up

- Add a drizzle of **vinegar** and olive oil to the salad. Toss to coat.
- Divide pork schnitzels between plates and spoon over the creamy peppercorn sauce.
- Serve with wedges and garden salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS



ADD PARMESAN CHEESE

Add cheese to the panko mixture before crumbing.



ADD DICED BACON

Before cooking the sauce, cook diced bacon, breaking up with a spoon, 4-6 minutes. Continue with method.

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

