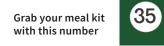


Peanut-Crumbed Pork Schnitzel

with Sweet Sriracha Drizzle & Creamy Lemon Slaw

NEW

AIR FRYER FRIENDLY









Panko Breadcrumbs





Crushed Peanuts



Pork Schnitzels







Shredded Cabbage



Baby Spinach



Garlic Aioli









Prep in: 10-20 mins Ready in: 15-25 mins



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

Air fryer or large frying pan

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
plain flour*	1 tbs	2 tbs	
sweet soy seasoning	1 sachet	2 sachets	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
crushed peanuts	1 medium packet	1 large packet	
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet	
carrot	1	2	
lemon	1	2	
shredded cabbage mix	1 medium packet	1 large packet	
baby spinach leaves	1 small packet	1 medium packet	
garlic aioli	1 medium packet	1 large packet	
sriracha	1 packet	2 packets	
honey*	1 tsp	2 tsp	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2854kJ (625cal)	625kJ (137cal)
Protein (g)	37.4g	8.2g
Fat, total (g)	41.4g	9.1g
- saturated (g)	5.6g	1.2g
Carbohydrate (g)	37.6g	8.2g
- sugars (g)	12.1g	2.6g
Sodium (mg)	1295mg	283.4mg
Dietary Fibre (g)	7.8g	1.7g

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.



Crumb the pork

- In a shallow bowl, combine the **plain flour** and **sweet soy seasoning**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs**, **crushed peanuts** and the **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people).
- Coat **pork schnitzels** first in the **flour mixture**, followed by the **egg** and finally the **breadcrumb mixture**. Transfer to a plate.



Cook the pork

- Set your air fryer to 200°C.
- Place crumbed pork into the air fryer basket and cook, turning halfway, until golden and cooked through, 6-8 minutes. Cook in batches if needed.
- Transfer to a paper towel-lined plate.

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.



Assemble the slaw

- Meanwhile, grate carrot.
- · Slice lemon into wedges.
- In a large bowl, combine shredded cabbage mix, carrot, baby spinach leaves, garlic aioli and a squeeze of lemon juice. Season to taste.
- In a small bowl, combine **sriracha**, the **honey** and a squeeze of **lemon juice**.



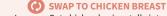
Serve up

- · Slice pork if preferred.
- Divide peanut-crumbed pork schnitzel and creamy lemon slaw between plates.
- Drizzle sweet sriracha sauce over pork.
- · Serve with any remaining lemon wedges. Enjoy!









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

