



Peanut-Crumbed Pork Schnitzel

with Sweet Sriracha Drizzle & Creamy Lemon Slaw

NEW

AIR FRYER FRIENDLY

Grab your meal kit with this number

35



Sweet Soy Seasoning



Panko Breadcrumbs



Crushed Peanuts



Pork Schnitzels



Carrot



Lemon



Shredded Cabbage Mix



Baby Spinach Leaves



Garlic Aioli



Sriracha



Chicken Tenderloins



Chicken Breast

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

Protein Rich

This nutty number sees pork schnitzel get a makeover with an easy peanut crumb that packs crunch and flavour in every bite. It wouldn't be right to not pair it with a zesty lemon slaw and a sriracha-honey drizzle that gets a 10/10 from us!

Pantry items

Olive Oil, Plain Flour, Egg, Honey

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

| | 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.

1



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 / ¼ 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.

3



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**.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS



SWAP TO CHICKEN TENDERLOINS

Follow crumbing method above and cook until golden, 8-10 minutes.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow crumbing method above and cook until golden, 12-15 minutes.

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

