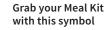


Aussie Pork Schnitzel & Gravy

with Parmesan Crushed Potatoes & Carrot Salad

NEW

KID FRIENDLY









Chicken-Style Stock Powder

Carrot





Aussie Spice

Panko Breadcrumbs





Gravy Granules

Leaves





Pork Schnitzels



Shaved Parmesan Cheese



Pantry items

Chicken Breast

Prep in: 25-35 mins Ready in: 30-40 mins Eat Me Early*

*Custom Recipe only



We'll save you a trip to the pub with this easy pork schnitzel. The star in this one - besides the perfectly crumbed and golden pork schnitzels, is the cheesy crushed potatoes. Who knew a little cheese could re-invent an entire dish?

Olive Oil, Butter, Plain Flour, Egg, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
garlic	1	2		
butter*	20g	40g		
chicken-style stock powder	1 medium sachet	1 large sachet		
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)		
carrot	1	2		
plain flour*	1 tbs	2 tbs		
Aussie spice blend	1 medium sachet	1 large sachet		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
pork schnitzels	1 packet	1 packet		
gravy granules	1 medium packet	1 large packet		
boiling water*	½ cup	1 cup		
mixed salad leaves	1 medium bag	1 large bag		
balsamic vinegar*	drizzle	drizzle		
chicken breast**	1 small packet	1 large packet		
* D				

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2028kJ (485Cal)	395kJ (94Cal)
Protein (g)	45.3g	8.8g
Fat, total (g)	7.4g	1.4g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	55.4g	10.8g
- sugars (g)	13g	2.5g
Sodium (mg)	1976mg	385mg
Custom Recipe		

Custom Recipe		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2149kJ (514Cal)	399kJ (95Cal)
Protein (g)	47.1g	8.8g
Fat, total (g)	10g	1.9g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	55.4g	10.3g
- sugars (g)	13g	2.4g
Sodium (mg)	1551mg	288mg

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.

We're here to help!

Scan here if you have any questions or concerns **2023** | CW03





Make the crushed potatoes

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of salt.
- Cut potato into large chunks. Finely chop garlic.
 Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
- Drain. Return saucepan to medium-high heat, add the butter and garlic and cook, stirring, until fragrant, 1 minute.
- Stir in chicken-style stock powder, then remove from heat. Return potato to saucepan, tossing to coat. Lightly crush with a fork. Stir in shaved Parmesan cheese. Cover to keep warm.



Get prepped

- Meanwhile, grate carrot.
- In a shallow bowl, combine the plain flour and Aussie spice blend. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Separate pork schnitzels to get two per person.
- Dip pork into flour mixture, followed by egg, and finally in panko breadcrumbs. Set aside on a plate.

Custom Recipe: If you've swapped to chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until an even thickness, about 1cm. Prep crumbing station as above and combine chicken with ingredients as above.



Cook the pork

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

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over mediumhigh heat. Cook crumbed chicken in batches until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.



Make the gravy

- · Meanwhile, boil the kettle.
- In a medium bowl, combine gravy granules and the boiling water (1/2 cup for 2 people / 1 cup for 4 people), whisking, until smooth, 1 minute.



Toss the salad

- Just before serving, combine carrot, mixed salad leaves, a drizzle of balsamic vinegar and olive oil in a medium bowl.
- · Toss to coat and season.



Serve up

- · Slice pork schnitzels.
- Divide parmesan crushed potatoes, Aussie pork schnitzels and carrot salad between plates.
- Spoon gravy over pork schnitzels to serve. Enjoy!