



Aussie Pork Schnitzel & Gravy

with Parmesan Crushed Potatoes & Carrot Salad

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Garlic



Chicken-Style Stock Powder



Carrot



Aussie Spice Blend



Panko Breadcrumbs



Gravy Granules



Mixed Salad Leaves



Shaved Parmesan Cheese



Pork Schnitzels



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

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?

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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 · Large frying pan

Ingredients

	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

*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

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



1



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.

4



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**.

2



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.

5



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.

3



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 medium-high heat. Cook crumbed chicken in batches until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.

6



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!

Rate your recipe

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