



Dukkah-Crusted Pork Schnitzels

with Roast Veggie Toss & Herby Mayo

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Onion



Carrot



Panko Breadcrumbs



Dukkah



Baby Spinach Leaves



Pork Schnitzels



Dill & Parsley Mayonnaise



Haloumi

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat like an Egyptian by adding dukkah to your dinner! Here, we've combined a moreish mix of seeds and spices with panko breadcrumbs to create a perfect crust for pork schnitties. Complete with honey-spiked roasted veg and our delightful dill and parsley mayo, this is a recipe worth adding to your repertoire.

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

Pantry items

Olive Oil, Honey, Plain Flour, Egg

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
beetroot	1	2
onion	½	1
carrot	1	2
honey*	½ tsp	1 tsp
plain flour*	1½ tbs	3 tbs
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
dukkah	1 medium sachet	1 large sachet
pork schnitzels	1 small packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
dill & parsley mayonnaise	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3441kJ (822Cal)	490kJ (117Cal)
Protein (g)	50.2g	7.1g
Fat, total (g)	33.6g	4.8g
- saturated (g)	4.5g	0.6g
Carbohydrate (g)	78.4g	11.2g
- sugars (g)	30g	4.3g
Sodium (mg)	1533mg	218mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3954kJ (945Cal)	606kJ (145Cal)
Protein (g)	35.8g	5.5g
Fat, total (g)	53.7g	8.2g
- saturated (g)	17.9g	2.7g
Carbohydrate (g)	79.6g	12.2g
- sugars (g)	31g	4.8g
Sodium (mg)	2054mg	315mg

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



1 Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** and **beetroot** into small chunks.
- Slice **onion** (see ingredients) into thick wedges.
- Slice **carrot** into thick rounds.

Custom Recipe: If you've swapped to haloumi, cut the haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.



4 Cook the pork

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- When oil is hot, cook crumbed **pork**, in batches, until golden and cooked through, **2-3 minutes** each side.
- Transfer to a paper towel-lined plate.

TIP: Pork can be served slightly blushing pink in the centre.

Custom Recipe: Prepare pan as above. When oil is hot, cook haloumi until golden brown, 2 minutes each side. Transfer to a paper towel-lined plate.



2 Roast the veggies

- Place **sweet potato**, **beetroot** and **onion** on a lined oven tray.
- Place **carrot** on a second lined oven tray. Drizzle **carrot** with the **honey**.
- Drizzle both **veggie** trays with **olive oil**, then season with **salt** and **pepper** and toss to coat.
- Roast both **veggie** trays until tender, **25-30 minutes**.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.



5 Toss the veggies

- While the schnitzels are cooking, combine the **roasted veggies** on one of the oven trays.
- Top with **baby spinach leaves**, gently tossing to coat.
- Season to taste.



3 Crumb the pork

- Meanwhile, combine the **plain flour**, the **salt** and a good pinch of **pepper** in a shallow bowl.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, combine **panko breadcrumbs** and **dukkah**.
- Dip **pork schnitzels** into **flour mixture** to coat, then into the **egg** and finally in the **panko dukkah mixture**. Set aside on a plate.

Little cooks: Help crumb the pork! Use one hand for wet ingredients and the other for dry ingredients. Make sure to wash your hands well afterwards!

Custom Recipe: Drain haloumi and pat dry. Crumb the haloumi in the same way as above.



6 Serve up

- Divide dukkah-crusted pork schnitzel and roast veggie toss between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

Little cooks: Add the finishing touch by dolloping the mayo on top!

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