

KID FRIENDLY









Sweet Potato





Carrot







Dried Oregano



Mixed Salad





Pork Schnitzels



Tartare Sauce





Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early* *Custom Recipe only With hints of sweetness, spice and earthiness, dried oregano transforms these schnitzels into something special. The apple salad is a textural treat, and the slightly tangy tartare sauce is the perfect match for the hand cut sweet potato fries.



Olive Oil, Honey, Vinegar (White Wine or Balsamic), 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

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
apple	1	2	
carrot	1/2	1	
honey*	½ tsp	1 tsp	
vinegar*			
(white wine or	1 tsp	2 tsp	
balsamic)			
plain flour*	2 tbs	¼ cup	
salt*	1 tsp	2 tsp	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
dried oregano	½ medium sachet	1 medium sachet	
pork schnitzels	1 small packet	1 large packet	
mixed salad leaves	1 small bag	1 medium bag	
tartare sauce	1 medium packet	1 large packet	
chicken breast**	1 small packet	1 large packet	
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*Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
2823kJ (675Cal)	515kJ (123Cal)
41.8g	7.6g
26.6g	4.9g
3.4g	0.6g
65.3g	11.9g
22.2g	4g
1641mg	299mg
	2823kJ (675Cal) 41.8g 26.6g 3.4g 65.3g 22.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2978kJ (712Cal)	520kJ (124Cal)
Protein (g)	45.7g	8g
Fat, total (g)	29.8g	5.2g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	63.5g	11.1g
- sugars (g)	21.9g	3.8g
Sodium (mg)	1340mg	234mg

The quantities provided above are averages only.

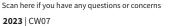
Allergens

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





Bake the sweet potato fries

- Preheat oven to 240°C/220°C fan-forced.
- · Cut sweet potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- · Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the fries between two trays.



Get prepped

- Meanwhile, thinly slice apple.
- Grate carrot (see ingredients).



Make the salad dressing

- In a large bowl, combine the honey, vinegar and a drizzle of olive oil.
- · Season with salt and pepper, then mix to combine. Set aside.



Crumb the pork schnitzels

- In a shallow bowl, combine the plain flour, the salt and a good pinch of pepper.
- In a second shallow bowl, whisk the egg.
- In a third shallow bowl, combine panko breadcrumbs and dried oregano (see ingredients).
- Separate pork schnitzels to get two per person. Dip **pork** into **seasoned flour** to coat, then into egg and finally into panko mixture. Transfer to 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. Prepare and crumb chicken as above. Transfer to a plate.



Cook the schnitzels

- In a large frying pan, heat enough olive oil to coat the base over high heat.
- When oil is hot, cook crumbed pork, in batches, until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.
- · Meanwhile, add apple, carrot and mixed salad leaves to the bowl with the dressing. Toss to coat.

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 chicken, in batches, until golden and cooked through (when no longer pink inside), 2-4 minutes each side.



Serve up

- Divide herby pork schnitzel, sweet potato fries and apple salad between plates.
- · Serve with tartare sauce. Enjoy!



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