



Herby Pork Schnitzel & Sweet Potato Fries

with Apple Salad & Tartare Sauce

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Apple



Carrot



Panko Breadcrumbs



Dried Oregano



Mixed Salad Leaves



Pork Schnitzels



Tartare Sauce



Chicken Breast

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.

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

Pantry items

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

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
apple	1	2
carrot	½	1
honey*	½ tsp	1 tsp
vinegar* (white wine or balsamic)	1 tsp	2 tsp
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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2823kJ (675Cal)	515kJ (123Cal)
Protein (g)	41.8g	7.6g
Fat, total (g)	26.6g	4.9g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	65.3g	11.9g
- sugars (g)	22.2g	4g
Sodium (mg)	1641mg	299mg

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.



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.



Get prepped

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



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.



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.



Serve up

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

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