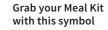


Mustard Seed Pork Schnitzel & Mumbai Roast Veggie Toss

with Garlic Yoghurt

DIETITIAN APPROVED















Panko Breadcrumbs



Brown Mustard



Baby Spinach

Seeds



Pork Schnitzels



Yoghurt





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



Eat Me Early* *Custom Recipe only

Pork schnitzel is beloved by all, but we're putting a twist on it that we think everyone will love. A crispy crumb is a must for any schnitzel but with a sprinkling of mustard seeds the flavour will burst in your mouth. Even the roasted veggies are getting something special, a rich spice blend roasted on top. Go ahead and take a bite!

Pantry items

Olive Oil, Plain Flour, Egg, Honey, Vinegar (White Wine or Rice Wine)

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

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	1	2		
carrot	1	2		
beetroot	1	2		
Mumbai spice blend	1 medium sachet	1 large sachet		
garlic	2 cloves	4 cloves		
plain flour*	2 tbs	1/4 cup		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
brown mustard seeds	1 sachet	1 large sachet		
pork schnitzels	1 small packet	1 large packet		
Greek-style yoghurt	1 medium packet	1 large packet		
baby spinach leaves	1 small bag	1 medium bag		
honey*	1 tsp	2 tsp		
vinegar* (white wine or rice wine)	drizzle	drizzle		
chicken breast**	1 small packet	1 large packet		
*Pantry Items **Custom Recipe Ingredient				

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2196kJ (525Cal)	402kJ (96Cal)
Protein (g)	43.2g	7.9g
Fat, total (g)	13g	2.4g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	56.4g	10.3g
- sugars (g)	21.7g	4g
Sodium (mg)	998mg	183mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2373kJ (567Cal)	411kJ (98Cal)
Protein (g)	48.1g	8.3g
Fat, total (g)	16.3g	2.8g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	54.7g	9.5g
- sugars (g)	21.4g	3.7g
Sodium (mg)	710mg	123mg

The quantities provided above are averages only.

Allergens







Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut potato and carrot into bite-size chunks. Cut beetroot into 1cm chunks.
- Place veggies on a lined oven tray. Sprinkle over Mumbai spice blend, drizzle with olive oil, season with salt and toss to coat.
- Roast until tender, 20-25 minutes.



Cook the pork

Return pan to high heat and add enough olive
oil to cover the base. Fry pork schnitzel in
batches until golden and cooked through,
2-3 minutes each side. Transfer to a plate lined
with paper towel.

TIP: Add extra oil between batches if necessary.

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.



Get prepped

- Meanwhile, finely chop garlic.
- In a shallow bowl, combine the plain flour and the salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs and brown mustard seeds.
- Pull apart pork schnitzels so you get 2 per person and season generously on both sides.
 Dip pork into flour mixture, followed by egg, and finally in panko breadcrumbs. Set aside on a plate.

Custom Recipe: Place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm. Prepare crumbing station as above. Dip chicken into flour mixture to coat, then into egg, and finally in breadcrumbs. Set aside on a plate.



Make the garlic yoghurt

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook garlic until fragrant, 1 minute. Transfer to a small bowl.
- Add Greek-style yoghurt to garlic oil mixture and combine. Season to taste and set aside.



Bring it together

 When the veggies are done, remove tray from oven and add baby spinach leaves, the honey and a drizzle of vinegar. Season to taste and gently toss to combine.



Serve up

- · Slice pork.
- Divide Mumbai roast veggie toss between plates.
- Top with mustard seed pork schnitzel. Serve with garlic yoghurt. Enjoy!

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate