

Mustard Seed Pork Schnitzel & Mumbai Roast Veggie Toss with Garlic Yoghurt

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Mumbai Spice Blend



Garlic



Panko Breadcrumbs



Brown Mustard Seeds



Baby Spinach Leaves



Pork Schnitzels



Greek-Style Yoghurt



Chicken Breast

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

Calorie Smart

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!

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

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

	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	¼ 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

We're here to help!

Scan here if you have any questions or concerns



1



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**.

4



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.

2



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.

5



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.

3



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.

6



Serve up

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

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