



Peanut Crumbed Pork & Black Bean Sauce

with Wedges & Cucumber Salad

NEW

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Cucumber



Garlic



Panko Breadcrumbs



Crushed Peanuts



Mixed Salad Leaves



Sweet Black Bean Sauce



Pork Schnitzels



Chicken Breast

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

Calorie Smart

Eat Me Early*

*Custom Recipe only

Now this one is in a field of its own. We decided to level up your average crumbed pork by sprinkling in some crushed peanuts into the mix. Once the sweet black bean sauce is slathered on top, you know you won't be able to return to the basic, crumbing ingredients. And the best part is that the kids can help out with this one too.

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

Pantry items

Olive Oil, Plain Flour, Egg, Rice Wine Vinegar

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	2	4
cucumber	1	2
garlic	1 clove	2 cloves
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
pork schnitzels	1 small packet	1 large packet
rice wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	2 medium bags
sweet black bean sauce	1 packet	2 packets
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2221kJ (530Cal)	396kJ (94Cal)
Protein (g)	45.9g	8.2g
Fat, total (g)	10.6g	1.9g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	59.1g	10.5g
- sugars (g)	12.3g	2.2g
Sodium (mg)	785mg	140mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2376kJ (568Cal)	405kJ (97Cal)
Protein (g)	49.8g	8.5g
Fat, total (g)	13.8g	2.4g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	57.3g	9.8g
- sugars (g)	12g	2g
Sodium (mg)	483mg	82mg

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

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1



Bake the wedges

- See '**air fryer tips!**' (below). Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges.
- Place on lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

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

4



Cook the pork

- In a large frying pan, over high heat, heat enough **olive oil** to coat the base.
- Cook **pork schnitzel** in batches until golden and cooked through, **1-2 minutes** each side.
- Transfer to a paper towel-lined plate.

Custom Recipe: Prepare pan as above, heating over medium-high heat. Cook crumbed chicken in batches until golden and cooked through, 2-4 minutes each side. Continue with step above.

Use an air fryer!

1. Set your air fryer to 200°C. Prep and season potato wedges as above.
2. Place wedges evenly into the air fryer basket and cook for 10 minutes.
3. Shake the basket, then cook until golden, a further 10-15 minutes.

2



Get prepped

- Meanwhile, thinly slice **cucumber** into half-moons. Finely chop **garlic**.
- In a shallow bowl, combine the **plain flour** and a generous pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **crushed peanuts**.
- Dip **pork schnitzels** into **flour mixture**, followed by **egg**, and finally in **panko breadcrumbs**. Set aside on a plate.

Custom Recipe: If you've swapped to chicken breast, place chicken between two sheets of baking paper. Pound chicken with a rolling pin until they are an even thickness, about 1cm. Crumb chicken as above. Set aside on a plate.

5



Make the sauce

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **garlic** and **sweet black bean sauce**, until fragrant, **1 minute**.
- Remove from heat, then stir in a splash of **water**, until combined.

3



Assemble the salad

- In a medium bowl, combine the **rice wine vinegar** and drizzle of **olive oil**. Season with **salt** and **pepper**.
- Just before serving, add **cucumber** and **mixed salad leaves**. Toss to combine.

TIP: Tossing the salad just before serving keeps the leaves crisp!

Little cooks: Help wash and toss the salad!

6



Serve up

- Slice pork schnitzels.
- Divide potato wedges, peanut-crumbed pork and cucumber salad between plates.
- Pour over black bean sauce to serve. Enjoy!

Rate your recipe

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