



Pork Schnitzel & Cheesy Garlic Sauce

with Roast Sweet Potato & Pear Salad

Grab your Meal Kit with this symbol



Sweet Potato



Panko Breadcrumbs



Garlic



Pear



Mixed Salad Leaves



Pork Schnitzels



Light Cooking Cream



Grated Parmesan Cheese



Chicken Breast

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

Eat Me Early*
**Custom Recipe only*

Smother golden pork schnitzels with a Parmesan and cream-spiked garlic sauce and leave your worries behind while you go to food heaven - all while getting some greens in thanks to the sweet and peppery salad. The kids will have fun helping you whip this one up too; look for our little cooks tips peppered through the recipe!

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

Pantry items

Olive Oil, Plain Flour, Egg, Butter, Balsamic 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
sweet potato	2	4
salt*	1 tsp	2 tsp
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 small packet	1 large packet
garlic	1 clove	2 cloves
pear	1	2
butter*	15g	30g
light cooking cream	1 medium packet	1 large packet
grated Parmesan cheese	½ packet (15g)	1 packet (30g)
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 medium bag	1 large bag
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3251kJ (777Cal)	555kJ (133Cal)
Protein (g)	53.2g	9.1g
Fat, total (g)	31g	5.3g
- saturated (g)	16.3g	2.8g
Carbohydrate (g)	67.6g	11.5g
- sugars (g)	20.4g	3.5g
Sodium (mg)	1293mg	221mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3177kJ (759Cal)	529kJ (126Cal)
Protein (g)	51g	8.5g
Fat, total (g)	30g	5g
- saturated (g)	15.8g	2.6g
Carbohydrate (g)	67.8g	11.3g
- sugars (g)	20.6g	3.4g
Sodium (mg)	1300mg	216mg

The quantities provided above are averages only.

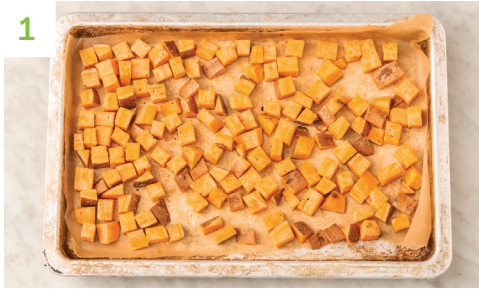
Allergens

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



1 Roast the sweet potato

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

Little cooks: Take the lead and help toss the sweet potato with the oil and salt!



4 Get prepped

- Finely chop **garlic**.
- Thinly slice **pear** into wedges.



2 Crumb the pork

- Meanwhile, combine the **salt**, the **plain flour** and a good pinch of **pepper** in a shallow bowl.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs**.
- Pull apart **pork schnitzels** so you get two per person. Dip each **schnitzel** into seasoned **flour** to coat, then into **egg** and finally into **breadcrumbs**. Set aside on a plate.

Custom Recipe: If you've swapped to chicken breast, place chicken between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm. Crumb the chicken as above.



5 Cook the sauce

- Wash frying pan, then return to medium heat with the **butter** and a drizzle of **olive oil**. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **light cooking cream** and **grated Parmesan cheese** (see ingredients), stirring to combine. Reduce heat to low and simmer for **2 minutes**. Season to taste, then remove from heat.
- While the sauce is simmering, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season, then add **mixed salad leaves** and **pear**. Toss to combine.

TIP: If the sauce is too thick, add a little water, 1 tsp at a time, until it reaches your desired consistency.



3 Cook the schnitzel

- In a large frying pan, heat enough **olive oil** to coat the base over high heat.
- When oil is hot, cook **pork schnitzels**, in batches, until golden and cooked through, **1-2 minutes** each side (add extra oil between batches if needed so the schnitzels don't stick to the pan!). Transfer to a paper towel-lined plate.

Custom Recipe: Heat olive oil in the frying pan as above, 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.



6 Serve up

- Divide pork schnitzel, roast sweet potato and pear salad between plates.
- Drizzle cheesy garlic sauce over schnitzel to serve. Enjoy!

Little cooks: Under adult supervision, help drizzle the sauce over the schnitzel. Be careful, the sauce is hot!

Rate your recipe

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