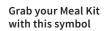


# Spiced Pork Schnitzel & Sweet Potato Fries with Smokey Pear Slaw













Blend

Panko Breadcrumbs





Pork Schnitzels





Prep in: 20-30 mins Ready in: 30-40 mins Pantry items

Olive Oil, White Wine Vinegar, 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
pear	1/2	1
white wine vinegar*	drizzle	drizzle
plain flour*	1 tbs	2 tbs
Aussie spice blend	1 medium sachet	1 large sachet
salt*	1/4 tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 small packet	1 large packet
slaw mix	1 small bag	1 large bag
smokey aioli	1 packet (100g)	2 packets (200g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3596kJ (859Cal)	621kJ (148Cal)
Protein (g)	49.3g	8.5g
Fat, total (g)	43.3g	7.5g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	64.2g	11.1g
- sugars (g)	22.9g	4g
Sodium (mg)	1237mg	213mg

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.



#### Bake the sweet potato fries

Preheat oven to 240°C/220°C fan-forced. Cut sweet potato into fries. Place 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.



## Get prepped

While the fries are baking, slice **pear** (see ingredients) into thin sticks. In a large bowl, combine **pear** and a drizzle of **white wine vinegar**. Set aside.



## Crumb the pork

In a shallow bowl, combine the plain flour, Aussie spice blend, the salt and a pinch of pepper. 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 pork into flour mixture, then into egg, and finally in breadcrumbs. Set aside on a plate.

**Little cooks:** Help crumb the schnitzel! Use one hand for the wet ingredients and the other for the dry ingredients so you don't end up with sticky fingers.



## Cook the schnitzels

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

**TIP:** Add extra oil between batches to prevent the schnitzels from sticking to the pan.



#### Make the slaw

To the bowl with the pear, add **slaw mix** and 1/2 the **smokey aioli**. Toss to combine. Season to taste.

**Little cooks:** Take the lead and help toss the slaw!



#### Serve up

Slice pork schnitzels. Divide schnitzel, sweet potato fries and smokey pear slaw between plates. Serve with remaining smokey aioli.

Enjoy!

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