



# Spiced Pork Schnitzel & Sweet Potato Fries

with Smokey Pear Slaw

Grab your Meal Kit with this symbol



Sweet Potato



Pear



Aussie Spice Blend



Panko Breadcrumbs



Pork Schnitzels



Slaw Mix



Smokey Aioli

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

Who doesn't love a good pork schnitzel? Teamed with creamy slaw and baked SP fries, we bet this will be a real household hit.

### 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	½	1
white wine vinegar*	drizzle	drizzle
plain flour*	1 tbs	2 tbs
Aussie spice blend	1 medium sachet	1 large sachet
salt*	¼ 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)

\*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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

2



## 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.

3



## 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.

4



## 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.

5



## 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!

6



## Serve up

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

Enjoy!

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