



# Monster Crunch Pork Schnitzel & Oozy Gravy

with Ghostly Potatoes & Spooky Salad

HALLOWEEN

KID FRIENDLY

Grab your Meal Kit with this symbol



Chat Potatoes



Tomato



Cucumber



Lemon Pepper Seasoning



Panko Breadcrumbs



Pork Schnitzels



Gravy Granules



Wholegrain Mustard



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Chicken Breast

Prep in: 25-35 mins  
Ready in: 25-35 mins



Calorie Smart\*  
*\*Custom Recipe is not Calorie Smart*



Eat Me Early\*  
*\*Custom Recipe only*

This Halloween, fill your bags with lots of treats and your stomachs with a tasty meal. This monster pork schnitty is just the dish you deserve, dripping with oozy gravy, ghostly potatoes and a spooky salad.

**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 Balsamic)



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chat potatoes	1 bag (400g)	1 bag (800g)
tomato	1	2
cucumber	1	2
lemon pepper seasoning	1 medium sachet	2 medium sachets
<b>plain flour*</b>	1 tbs	2 tbs
<b>salt*</b>	¼ tsp	½ tsp
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 small packet	2 small packets OR 1 large packet
gravy granules	1 medium sachet	1 large sachet
<b>boiling water*</b>	½ cup	1 cup
wholegrain mustard	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet
<b>honey*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2721kJ (650Cal)	452kJ (108Cal)
Protein (g)	44.6g	7.4g
Fat, total (g)	22.9g	3.8g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	63.6g	10.6g
- sugars (g)	11.9g	2g
Sodium (mg)	1812mg	301mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2869kJ (686Cal)	457kJ (109Cal)
Protein (g)	49.2g	7.8g
Fat, total (g)	25.6g	4.1g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	61.7g	9.8g
- sugars (g)	11.6g	1.8g
Sodium (mg)	1506mg	240mg

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.

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## Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Halve **chat potatoes**.
- Spread **potatoes** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **potatoes** on high, **3 minutes**.
- Drain any excess liquid, then place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until golden and tender, **10-15 minutes**.
- Meanwhile, roughly chop **tomato** and **cucumber**.

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## Make the gravy

- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking until smooth, **1 minute**.
- Stir through **wholegrain mustard** until combined. Season to taste.
- To the tray with roast potatoes, add **dill & parsley mayonnaise** and toss to combine. Season with **salt** and **pepper**.

2



## Cook the schnitzels

- In a shallow bowl, combine **lemon pepper seasoning**, the **plain flour** and the **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**. Separate **pork schnitzels**.
- Dip **pork** into **flour mixture**, followed by the **egg**, and finally in **panko breadcrumbs**. Set aside.
- In a large frying pan, heat enough **olive oil** to coat the base over high heat.
- Cook **pork schnitzel**, in batches, until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

**Custom Recipe:** If you've swapped to chicken breast, pound each chicken breast with a rolling pin, until they are about 1cm thick. Crumb chicken and heat pan as above. Cook chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side.

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## Serve up

- In a large bowl, combine the **honey** and a drizzle of the **vinegar** and olive oil. Season to taste.
- Add tomato, cucumber and **mixed salad leaves**, then toss to combine.
- Slice pork schnitzels. Divide pork, roasted potatoes and spooky salad between plates. Serve with oozy gravy. Enjoy!

Were here to help!

Scan here if you have any questions or concerns

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