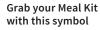


# Easy Pork Schnitzel & Mustard Gravy with Dill-Parsley Potatoes & Tomato Salad





FEEL-GOOD TAKEAWAY **KID FRIENDLY** 



Prep in: 25-35 mins Ready in: 25-35 mins Eat Me Early\* \*Custom Recipe only

Nothing says a pub night like a good ol' pork schnitzel and potato combo. Make this classic dish in the comfort of your home and watch as the aromas of the creamy mustard gravy that douses the schnittys and the mayo-coated potatoes fill the air ... and your stomachs!

Pantry items

Olive Oil, Plain Flour, Egg, Honey, Vinegar (White Wine or Balsamic)

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

## 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

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

#### \*Pantry Items \*\*Custom Recipe Ingredient

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2918kJ (697Cal)	510kJ (122Cal)
Protein (g)	44.6g	7.8g
Fat, total (g)	28.5g	5g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	62.8g	11g
- sugars (g)	9.2g	1.6g
Sodium (mg)	1819mg	318mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2998kJ (717Cal)	502kJ (120Cal)
Protein (g)	51.6g	8.6g
Fat, total (g)	28.5g	4.8g
- saturated (g)	3.7g	0.6g
Carbohydrate (g)	60.8g	10.2g
- sugars (g)	8.9g	1.5g
Sodium (mg)	1489mg	249mg

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.



### Roast the potatoes

- Preheat oven to 240°C/220°C fan-forced.
- Halve chat potatoes.

Make the gravy

smooth, 1 minute.

combine. Season with salt and pepper.

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- 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**.

• In a medium heatproof bowl, combine gravy granules and the

**boiling water** (1/2 cup for 2 people / 1 cup for 4 people), whisking until

· Add dill & parsley mayonnaise to the tray with roasted potatoes and toss to

• Stir through wholegrain mustard until combined. Season to taste.

• Meanwhile, halve snacking tomatoes.



# Cook the schnitzels

- In a shallow bowl, combine lemon pepper seasoning, the plain flour and 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 **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 schnitzels**, 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 in the same way as the pork. Heat pan as above, cooking chicken in batches until golden and cooked through, 2-4 minutes each side.



#### Serve up

- In a large bowl, combine the **honey** and a drizzle of **vinegar** and olive oil. Season. Add tomatoes and **mixed salad leaves** and toss to combine.
- · Slice pork schnitzels. Divide pork, dill-parsley potatoes and tomato salad between plates. Serve with mustard gravy. Enjoy!

Custom Recipe: Slice chicken schnitzels to serve.

#### We're here to help! Scan here if you have any questions or concerns 2024 | CW14

