



American-Spiced Pork Schnitzel

with Sweet Potato Fries & Ranch Sauce

Grab your Meal Kit with this symbol



Sweet Potato



Tomato



Carrot



Mayonnaise



Ranch Dressing



All-American Spice Blend



Panko Breadcrumbs



Pork Schnitzels



Salad Leaves

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: **25-35 mins**
- Ready in: **30-40 mins**
- Calorie Smart

With hints of cumin, mustard, pepper and paprika, our All-American spice blend is all you need to jazz up your weeknight schnitties. Balance the dish out with some colourful veggie sides, plus a creamy, tangy ranch sauce to bring it all together.

Pantry items

Olive Oil, Plain Flour, Egg, White Wine 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
tomato	1	2
carrot	1	2
mayonnaise	1 packet (40g)	1 packet (100g)
ranch dressing	1 packet	2 packets
plain flour*	½ tbs	1 tbs
All-American spice blend	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 small packet	1 large packet
salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2705kJ (646Cal)	456kJ (108Cal)
Protein (g)	51.1g	8.6g
Fat, total (g)	21.4g	3.6g
- saturated (g)	3.1g	0.5g
Carbohydrate (g)	57.6g	9.7g
- sugars (g)	18.7g	3.2g
Sodium (mg)	783mg	132mg

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 fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **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**.



Cook the schnitzel

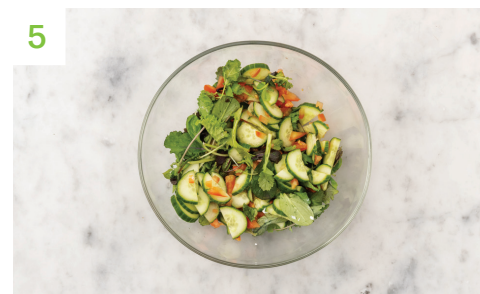
When the fries have **10 minutes** remaining, heat a large frying pan over a high heat with enough **olive oil** to coat the base. When the oil is hot, cook the **pork schnitzels**, in batches, until golden and cooked through, **1-2 minutes** each side. Transfer to a plate lined with paper towel.

TIP: If needed, add extra oil between batches to prevent the schnitzel from sticking to the pan!



Get prepped

While the fries are baking, roughly chop the **tomato**. Grate the **carrot**. In a medium bowl, combine the **tomato** and **carrot**. In a small bowl, combine the **mayonnaise** and **ranch dressing**. Set aside.



Toss the salad

To the bowl with the **tomato** and **carrot**, add the **salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Toss to coat. Season to taste.



Prep the schnitzel

In a shallow bowl, whisk the **plain flour**, **All-American spice blend**, a generous pinch of **salt** and the **egg**. In a second shallow bowl, place the **panko breadcrumbs**. Pull apart the **pork schnitzels** so you get two per person. Dip the **pork schnitzels** into the **egg mixture** to coat, and then into the **panko breadcrumbs**. Set aside on a plate.



Serve up

Slice the American-spiced pork schnitzel. Divide the schnitzel, sweet potato fries and salad between plates. Serve with the ranch sauce.

Enjoy!

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