



Pork Schnitzel & Dill-Parsley Mayo

with Garlic Veggies & Parsley Mash

Grab your Meal Kit with this symbol



Sweet Potato



Parsley



Garlic



Zucchini



Carrot



Dill & Parsley Mayonnaise



Lemon Pepper Spice Blend



Panko Breadcrumbs



Pork Schnitzels

 Hands-on: **35-45 mins**
Ready in: **40-50 mins**

It's schnitty night, tonight! Coat pork schnitzels in our classic lemon pepper blend for a crispy golden result. Then, to amp up the flavour, serve it with the best dill-parsley mayo around town. No need to head to the pub for a meal like this!

Pantry items

Olive Oil, Butter, 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

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
parsley	1 bag	1 bag
butter*	40g	80g
salt* (for the potato)	¼ tsp	½ tsp
garlic	1 clove	2 cloves
zucchini	1	2
carrot	1	2
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
butter*	½ tbs	1 tbs
plain flour*	1½ tbs	3 tbs
lemon pepper spice blend	1 sachet	2 sachets
salt* (for the crumb)	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets
pork schnitzels	1 small packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3654kJ (873Cal)	531kJ (126Cal)
Protein (g)	51.6g	7.5g
Fat, total (g)	44.8g	6.5g
- saturated (g)	15g	2.2g
Carbohydrate (g)	62.4g	9.1g
- sugars (g)	20.8g	3g
Sodium (mg)	1779mg	258mg

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



Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **sweet potato** and cut into bite-sized chunks. Roughly chop the **parsley**. Cook the **sweet potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter** and the **salt (for the potato)** and mash until smooth. Stir through the **parsley** and cover to keep warm.



Cook the garlic veggies

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Add the **zucchini**, **carrot** and a splash of **water** and cook, tossing, until just tender, **3 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Season with **salt** and **pepper** and transfer to a bowl.



Get prepped

While the sweet potato is cooking, finely chop the **garlic**. Cut the **zucchini** into thin sticks. Thinly slice the **carrot** into half-moons. In a small bowl, combine the **dill & parsley mayonnaise** with the **water**. Set aside.



Cook the schnitzels

Return the frying pan to a high heat with enough **olive oil** to coat the base. Cook the **pork schnitzel** in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel doesn't stick to the pan.



Crumb the pork

In a shallow bowl, combine the **plain flour**, **lemon pepper spice blend** and the **salt (for the crumb)**. Season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Separate the **pork schnitzels** (they may be stuck together). Dip each **pork schnitzel** piece into the **flour mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.



Serve up

Divide the parsley mash between plates. Serve with the pork schnitzels and the garlic veggies. Top with the dill-parsley mayo.

Enjoy!