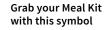


Pork Schnitzel & Dill-Parsley Mayo

with Garlic Veggies & Parsley Mash

















Dill & Parsley Mayonnaise







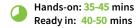
Lemon Pepper Spice Blend

Panko Breadcrumbs





Pork Schnitzels



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 \cdot Large frying pan

Ingredients

ingi edients			
	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)	1/4 tsp	½ tsp	
garlic	1 clove	2 cloves	
zucchini	1	2	
carrot	1	2	
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)	
water*	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	
4			

^{*}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 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.



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.



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.



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.



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 towellined plate.

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



Serve up

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

Enjoy!