



# Nan's Crumbed Pork & Creamy Slaw

with Sweet Potato Wedges & Garlic Aioli

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Parsley



Garlic Aioli



Shredded Cabbage Mix



Nan's Special Seasoning



Panko Breadcrumbs



Pork Schnitzel

Hands-on: **30-40 mins**  
Ready in: **40-50 mins**

We've added the distinctive flavour of Nan's special seasoning into these crumbed pork schnitzels that are sure to have you enjoying a taste of comforting flavour with every mouthful.

### Pantry items

Olive Oil, 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

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
carrot	1	2
parsley	1 bag	1 bag
garlic aioli	1 packet (100g)	2 packets (200g)
shredded cabbage mix	1 bag (150g)	1 bag (300g)
Nan's special seasoning	1 sachet	2 sachets
salt*	½ tsp	1 tsp
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 packet	2 packets
pork schnitzel	1 packet	1 packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3610kJ (862Cal)	569kJ (135Cal)
Protein (g)	52.9g	8.3g
Fat, total (g)	41.8g	6.6g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	63g	9.9g
- sugars (g)	22.3g	3.5g
Sodium (mg)	1127mg	178mg

## 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.

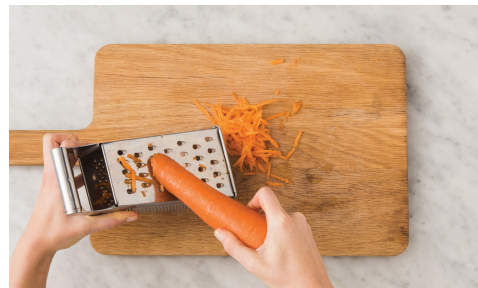


## 1. Bake the sweet potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. Place the **sweet potato** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake until tender, **25-30 minutes**.

**TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time.

**TIP:** If the sweet potato doesn't fit in a single layer, spread across two trays!



## 2. Prep the slaw

While the sweet potato is roasting, grate the **carrot** (unpeeled). Roughly chop the **parsley** leaves.



## 3. Make the creamy slaw

In a large bowl, combine **1/2** the **garlic aioli** and a **pinch** of **salt** and **pepper**. Add the **shredded cabbage mix**, **carrot** and **1/2** the **parsley** and toss to coat in the dressing. Set aside.



## 4. Crumb the pork

In a shallow bowl, combine **Nan's special seasoning**, the **salt**, **plain flour** and a **pinch** of **salt** and **pepper**. In a second shallow bowl, whisk the **egg** with a fork. In a third shallow bowl, add the **panko breadcrumbs** and the **remaining parsley**. Pull the **pork schnitzels** apart (you should get about 2 per person) and coat in the **flour mixture**, followed by the **egg** and finally in the **panko breadcrumbs**. Set aside on a plate.



## 5. Cook the crumbed pork

Add enough **olive oil** to coat the base of a large frying pan and heat over a medium-high heat. When the oil is hot, add the crumbed **pork schnitzel** and cook until golden and cooked through, **1-2 minutes** on each side. Set aside on a plate lined with paper towel.

**TIP:** If your pan is getting crowded, cook in batches for the best results!

**TIP:** Pork can be served slightly blushing pink in the centre.



## 6. Serve up

Divide the crumbed pork, sweet potato wedges and creamy slaw between plates. Serve with the remaining garlic aioli.

## Enjoy!