

Lemon-Pepper Pork Schnitzel

with Garlicky Mash & Veggies

Grab your Meal Kit with this symbol



Potato



Garlic



Broccoli



Carrot



Mayonnaise



Lemon Pepper Seasoning



Panko Breadcrumbs



Pork Schnitzels

 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: 30-40 mins
Ready in: 35-45 mins

It's schnitty night, tonight! Coat pork schnitzels in our classic lemon pepper blend for a crispy golden result. Complete with all the mandatory sides, there's no need to head to the pub for a meal like this!

Pantry items

Olive Oil, Butter, Milk, 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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
broccoli	1 head	2 heads
carrot	1	2
mayonnaise	1 packet (40g)	1 packet (100g)
water*	½ tbs	1 tbs
butter*	40g	80g
milk*	2 tbs	¼ cup
plain flour*	1½ tbs	3 tbs
lemon pepper seasoning	1 sachet	2 sachets
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 small packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3088kJ (738Cal)	436kJ (104Cal)
Protein (g)	58.3g	8.2g
Fat, total (g)	25.9g	3.7g
- saturated (g)	8.1g	1.1g
Carbohydrate (g)	59.3g	8.4g
- sugars (g)	18.9g	2.7g
Sodium (mg)	1110mg	157mg

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.

1



Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato**, then cut into large chunks. Finely chop the **garlic**. Chop the **broccoli** (including the stalk!) into small florets. Thinly slice the **carrot** into half-moons. In a small bowl, combine the **mayonnaise** with the **water**. Set aside.

TIP: Save time and get more fibre by leaving the potato unpeeled!

2



Cook the veggies

Cook the **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. In the last **8 minutes** of cook time, place a colander or steamer basket on top of the saucepan, then add the **broccoli** and **carrot**. Cover with a lid and steam until tender. Transfer the **carrot** and **broccoli** to a medium bowl, then season and cover to keep warm. Drain the **potato**, then transfer to a second medium bowl and cover to keep warm.

3



Crumb the schnitzels

While the veggies are cooking, combine the **plain flour**, **lemon pepper seasoning**, the **salt** and a good pinch of **pepper** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip each **pork schnitzel** piece into the **flour mixture**, then into the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.

4



Make the garlicky mash

When the veggies are done, return the saucepan to a medium-high heat with a drizzle of **olive oil** and the **butter**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Remove from the heat. Return the **potato** to the saucepan. Add the **milk**, then season generously with **salt**. Mash until smooth, then cover to keep warm.

5



Cook the schnitzels

In a large frying pan, add enough **olive oil** to cover base and heat over medium-high heat. When the oil is hot, cook the **pork schnitzels**, in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel.

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

6



Serve up

Divide the lemon-pepper pork schnitzels, garlicky mash and veggies between plates. Drizzle with the mayo to serve.

Enjoy!

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