



Pork Schnitzels & Herby Mash

with Garlicky Veggies & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Potato



Parsley



Garlic



Broccoli



Carrot



Dill & Parsley Mayonnaise



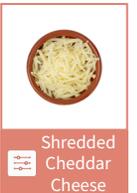
Nan's Special Seasoning



Panko Breadcrumbs



Pork Schnitzels



Shredded Cheddar Cheese

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

Here's a neat trick: when you're crumbing food, use one hand for the wet ingredients and the other for the dry so you don't end up with fingers that look like dagwood dogs! Give it a try when you make these golden pork schnitzels.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsley	1 bag	1 bag
butter*	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
(for the mash)		
garlic	1 clove	2 cloves
broccoli	1 head	2 heads
carrot	1	2
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
water*	½ tbs	1 tbs
plain flour*	2 tbs	¼ cup
Nan's special seasoning	1 sachet	1 sachet
salt*	1 tsp	2 tsp
(for the crumb)		
egg*	1	2
panko breadcrumbs	1 packet	1 packet
pork schnitzels	1 packet	1 packet
shredded Cheddar cheese**	1 packet (50g)	1 packet (100g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3762kJ (899Cal)	596kJ (142Cal)
Protein (g)	54g	8.6g
Fat, total (g)	45g	7.1g
- saturated (g)	15g	2.4g
Carbohydrate (g)	69.9g	11.1g
- sugars (g)	17.4g	2.8g
Sodium (mg)	2135mg	338mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4209kJ (1005Cal)	641kJ (153Cal)
Protein (g)	59.8g	9.1g
Fat, total (g)	54.3g	8.3g
- saturated (g)	20.6g	3.1g
Carbohydrate (g)	69.9g	10.6g
- sugars (g)	17.4g	2.7g
Sodium (mg)	2308mg	352mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1 Make the mash

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

CUSTOM RECIPE

If you've added shredded Cheddar cheese to your meal, add the cheese along with the butter, milk and salt (for the mash). Continue with step.



4 Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **broccoli** and **carrot**, tossing, until tender, **6-7 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Season, then transfer to a bowl.

TIP: Add a dash of water to the pan to help speed up the cooking process.



2 Get prepped

While the potato is cooking, finely chop the **garlic**. Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** into half-moons. In a small bowl, combine the **dill & parsley mayonnaise** with the **water**. Set aside.



5 Cook the pork schnitzels

Wipe out the frying pan, then return to a high heat with enough **olive oil** to coat the base of the pan. Cook the **pork schnitzels** until golden and cooked through, **2-3 minutes** each side (cook in batches if your pan is crowded). Transfer to a plate lined with paper towel.

TIP: Add extra oil if needed so the schnitzels don't stick to the pan.



3 Crumb the pork

In a shallow bowl, combine the **plain flour**, **Nan's special seasoning** and **salt (for the crumb)**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Pull apart the **pork schnitzels** (they may be stuck together). Coat each **pork schnitzel** in the **flour mixture**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.



6 Serve up

Divide the herby mash and garlicky veggies between plates. Serve with the pork schnitzels. Drizzle with the dill-parsley mayo to serve.

Enjoy!