

Barbecue Pork Schnitzel

with Lemon Crushed Potatoes & Beetroot Relish

Grab your Meal Kit with this symbol



Potato



Lemon



Chicken-Style Stock Powder



Barbecue Seasoning



Panko Breadcrumbs



Radish



Apple



Mixed Leaves



Beetroot Relish



Pork Schnitzels

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25** mins
Ready in: **25-35** mins

A classic schnitzel is always best served with a side of potatoes. We're jazzing things up tonight by crushing the potatoes with a squeeze of lemon juice. Crumb the pork with the barbecue seasoning for a smokey flavour, then serve with a sweet and vibrant beetroot relish.

Pantry items

Olive Oil, Butter, Plain Flour, Egg, White Wine Vinegar

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
lemon	½	1
butter*	20g	40g
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
plain flour*	1 tbs	2 tbs
barbecue seasoning	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
pork schnitzels	1 packet	1 packet
radish	1	2
apple	1	2
mixed leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
beetroot relish	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2750kJ (657Cal)	465kJ (111Cal)
Protein (g)	52.5g	8.9g
Fat, total (g)	15.3g	2.6g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	72.2g	12.2g
- sugars (g)	15.9g	2.7g
Sodium (mg)	1490mg	252mg

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.

1



Make the crushed potato

- Boil the kettle. Half-fill a large saucepan with boiling water over high heat, then add a pinch of **salt**.
- Cut **potato** into large chunks. Slice **lemon** into wedges.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain, then return **potato** to the pan.
- Add the **butter**, **chicken-style stock powder** and a generous squeeze of **lemon juice** and toss to coat. Lightly crush **potato** with a potato masher or fork. Cover to keep warm.

3



Cook the pork

- Heat a large frying pan over high heat with enough **olive oil** to cover the base.
- Cook **pork schnitzel** in batches, until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.
- Meanwhile, slice **radish**. Thinly slice **apple**.

2



Crumb the pork

- Meanwhile, whisk the **plain flour**, **barbecue seasoning**, the **salt** and **egg** in a shallow bowl until combined.
- In a second shallow bowl, place **panko breadcrumbs**.
- Pull apart **pork schnitzels** so you get 2 per person.
- Coat **pork** in **egg mixture**, followed by the **panko breadcrumbs**. Transfer crumbed **pork** to a plate and set aside.

4



Serve up

- In a medium bowl, combine **mixed leaves**, radish, apple and a drizzle of **white wine vinegar** and olive oil. Season with salt and pepper.
- Divide pork (slice if preferred), lemon crushed potatoes and apple salad between plates.
- Serve with **beetroot relish**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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