



Southeast Asian Pork Schnitzel

with Soy-Ginger Potatoes & Apple Slaw

Grab your Meal Kit with this symbol



Potato



Ginger



Garlic



Carrot



Apple



Southeast Asian Spice Blend



Panko Bread crumbs



Pork Schnitzels



Shredded Cabbage Mix



Mayonnaise

 Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Roasted spuds are the perfect accompaniment to panko-crumbed pork and a rainbow apple slaw that'll have you experiencing a magical fusion feast with ease. For the big finish, pull the rabbit out of the hat by topping your pork with a creamy mayo. Tada!

Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
carrot	1	2
apple	1	2
soy sauce*	½ tbs	1 tbs
rice wine vinegar*	drizzle	drizzle
Southeast Asian spice blend	1 sachet	1 sachet
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
pork schnitzels	1 packet	1 packet
white wine vinegar*	drizzle	drizzle
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2621kJ (626Cal)	397kJ (94Cal)
Protein (g)	49.8g	7.5g
Fat, total (g)	16.7g	2.5g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	66g	10g
- sugars (g)	15.1g	2.3g
Sodium (mg)	1400mg	212mg

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.



Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place on an oven tray lined with baking paper and drizzle with **olive oil**. Season with **salt** and **pepper**, then toss to coat. Roast until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time.



Get prepped

While the potato is roasting, finely grate the **ginger** and **garlic**. Grate the **carrot**. Thinly slice the **apple**. In a small bowl, combine the **soy sauce** and a drizzle of **rice wine vinegar**. Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **ginger** and **garlic**, stirring, until fragrant, **1 minute**. Transfer to the bowl with **soy sauce** and stir to combine. Set aside.



Prep the pork

In a shallow bowl, combine the **Southeast Asian spice blend** and the **salt**, 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). Dip the **pork** into the **spice mixture**, followed by the **egg**, and finally into the **breadcrumbs**. Transfer to a plate.



Cook the pork

When the potato has **10 minutes** cook time remaining, return the pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the **pork**, in batches, until cooked through, **2-3 minutes** each side (depending on thickness). Transfer to a plate lined with paper towel.

TIP: Add extra oil between batches if necessary.



Toss the slaw

While the pork is cooking, combine a drizzle of **white wine vinegar** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**. Add the **shredded cabbage mix**, **carrot** and **apple**, then toss to combine. Set aside. Pour the **soy-ginger sauce** over the roasted **potatoes** and toss to combine on the oven tray.



Serve up

Slice the Southeast Asian pork schnitzel. Divide the pork, soy-ginger potatoes and apple slaw between plates. Serve with the **mayonnaise**.

Enjoy!