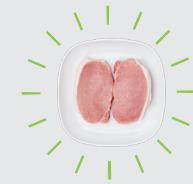




SOUTHERN CRUMBED PORK

with Caramelised Veg & Sweet Potato Wedges



Add flavours of the south to crumbed pork



Hands-on: 35 mins
Ready in: 40 mins

Low calorie

Add sweet mustard spices to pork for a flavourful schnitzel, then serve the moreish meal with sweet potato wedges and caramelised broccoli and carrot. This is a dinner plate that won't be forgotten.

	Sweet Potato		Carrot
	Broccoli		Lemon
	Garlic		Sweet Mustard Spice Blend
	Panko Breadcrumbs		Pork Schnitzel
	Garlic Aioli		

Pantry Staples: Olive Oil, Butter, Brown Sugar, Plain Flour, Eggs

BEFORE YOU START

Our fruit and veggies need a little wash before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper**, **three shallow bowls**, **fork**, **large frying pan**, **medium bowl**, **foil**, **plate** and **plate** lined with **paper towel**.



1 ROAST THE SWEET POTATO WEDGES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. **TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time. Spread the sweet potato wedges over an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a generous **pinch** of **salt** and **pepper** and toss to coat. Roast for **25-30 minutes**, or until tender.



2 GET PREPPED

While the sweet potato is roasting, cut the **carrot** (unpeeled) into 1cm chunks. Cut the **broccoli** into 2cm florets and roughly chop the stalk. Slice the **lemon** into wedges. Finely chop the **garlic** (or use a garlic press).



3 COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Once hot, add the **carrot** and cook for **2-3 minutes**, or until slightly softened. Add the **broccoli** and cook for **5-6 minutes**, or until tender.

TIP: Add a **dash** of **water** to help speed up the cooking process! Add the **garlic**, **butter**, **brown sugar** and a **pinch** of **salt** to the pan and stir for **1 minute**, or until fragrant. Transfer to a medium bowl and cover with foil to keep warm. Wipe out the pan with a paper towel.



4 CRUMB THE PORK

In the first shallow bowl, combine the **sweet mustard spice blend**, **plain flour** and **salt** (see ingredients list). In the second shallow bowl, whisk the **egg** with a fork. In the third shallow bowl, place the **panko breadcrumbs**. Pull the **pork schnitzels** apart (they may be stuck together) and dip them into the flour mixture, followed by the egg and finally in the panko breadcrumbs. Set aside on a plate, ready to fry.



5 COOK THE CRUMBED PORK

When the wedges have **15 minutes** cook time remaining, return the pan to a medium-high heat with enough **olive oil** to coat the base of the pan. Once hot, add **1/3** of the crumbed **pork schnitzel** and cook for **1-2 minutes** on each side, or until golden on the outside and cooked through. Transfer to a plate lined with paper towel to drain. Repeat with the remaining pork schnitzels.

6 SERVE UP

Divide the Southern crumbed pork, sweet potato wedges, caramelised broccoli and carrot between plates. Serve with the **garlic aioli** and lemon wedges.

TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
sweet potato	4
carrot	2
broccoli	1 head
lemon	1
garlic	1 clove
butter*	20 g
brown sugar*	1 tsp
sweet mustard spice blend	2 sachets
plain flour*	2 tbs
salt*	1 tsp
eggs*	2
panko breadcrumbs	2 packets
pork schnitzel	1 packet
garlic aioli	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2180kJ (520Cal)	487kJ (116Cal)
Protein (g)	15.7g	3.5g
Fat, total (g)	22.0g	4.9g
- saturated (g)	5.0g	1.1g
Carbohydrate (g)	59.7g	13.4g
- sugars (g)	18.8g	4.2g
Sodium (g)	979mg	219mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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