



Southern Crumbed Pork & Creamy Slaw

with Kumara Wedges

Grab your Meal Kit with this symbol



Kumara



Parsley



Garlic Aioli



Slaw Mix



Sweet Mustard Spice Blend



Panko Breadcrumbs



Pork Schnitzel

 Hands-on: **30-40 mins**
Ready in: **40-50 mins**

We've added the distinctive flavour of America's Deep South to these crumbed pork schnitzels that are sure to have you feeling the soul in every mouthful.

Pantry items

Olive Oil, Plain Flour, Egg

Before you start

Our fruit and veggies need a little wash first!

You will need

Oven tray lined with baking paper ·

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
parsley	1 bunch	1 bunch
garlic aioli	1 packet (100g)	2 packets (200g)
slaw mix	1 bag (200g)	1 bag (400g)
sweet mustard spice blend	1 sachet	2 sachets
plain flour*	4 tsp	2½ tbs
egg*	1	2
panko breadcrumbs	1 packet	2 packets
pork schnitzel	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3440kJ (821Cal)	594kJ (142Cal)
Protein (g)	46.4g	8.0g
Fat, total (g)	42.2g	7.3g
- saturated (g)	6.0g	1.0g
Carbohydrate (g)	60.3g	10.4g
- sugars (g)	19.2g	3.3g
Sodium (g)	1590mg	274mg

Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)



1. Roast the kumara wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm wedges. Place the **kumara** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

TIP: Cut the kumara to the correct size so it cooks in the allocated time.



2. Prep the parsley

While the wedges are baking, roughly chop the **parsley** leaves.



3. Make the creamy slaw

In a large bowl, add **1/2** the **garlic aioli**. Season with a **pinch** of **salt** and **pepper** and mix well. Add the **slaw mix** and **1/2** the **parsley** and toss to coat. Set aside.

TIP: Preparing the slaw early allows the cabbage to soften slightly by the time you're ready to serve.



4. Crumb the pork

In a shallow bowl, combine the **sweet mustard spice blend**, **plain flour** and a **pinch** of **salt** and **pepper**. In a second shallow bowl, whisk the **egg** with a fork. In a third shallow bowl, combine the **panko breadcrumbs** and the **remaining parsley**. Pull the **pork schnitzels** apart (they may be stuck together) and coat in the **flour mixture**, followed by the **egg** and finally in the **panko-parsley mixture**. Set aside on a plate.



5. Cook the crumbed pork

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add the crumbed **pork** and cook until golden and cooked through, **1-2 minutes** on each side. Transfer to a plate lined with paper towel.

TIP: If your pan is getting crowded, cook the pork in batches for the best results!



6. Serve up

Divide the Southern crumbed pork, kumara wedges and creamy slaw between plates. Serve with the remaining garlic aioli.

Enjoy!