



LEMON PEPPER PORK SCHNITZELS

with Creamy Potato Salad



Add flavour to pork schnitzels with lemon pepper



Potato



Spring Onions



Chives



Apple



Roasted Almonds



Lemon



Lemon Pepper Spice Blend



Panko Breadcrumbs



Pork Schnitzel



Dijon Mustard



Mayonnaise



Spinach & Rocket Mix

Hands-on: 25 mins
Ready in: 30 mins

Easy crumbed schnitzels packed with lemony flavour are the star of dinner tonight. Our classic potato salad is paired with a fun take on green salad, using two secret ingredients – apple and almonds!

Pantry Staples: Olive Oil, Plain Flour, Egg, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Thinly slice the **spring onion**. Finely chop the **chives**. Thinly slice the **apple** (see **ingredients list**). Roughly chop the **roasted almonds**. Zest the **lemon** (see **ingredients list**) to get a **generous pinch**, then slice into wedges.



4 COOK THE PORK

While the potato is cooling, heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add the crumbed pork and fry until golden and cooked through, **1-2 minutes** each side. Transfer to a plate lined with paper towel. **TIP:** Add extra oil if needed so the pork doesn't stick to the pan. **TIP:** If your pan is getting crowded, cook in batches for the best results.



2 COOK THE POTATO

Add the **potato** to the saucepan of boiling water and cook until soft when pierced with a knife, **10-12 minutes**. Drain and set aside to cool.



5 DRESS THE POTATO

In the saucepan or a large bowl, combine the **salt (for the potato)**, **Dijon mustard** (see **ingredients list**), **mayonnaise**, **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**), a **good squeeze** of **lemon juice** and a **pinch** of **pepper**. Add the **potato**, **spring onion** and **chives** and toss to coat. In a medium bowl, combine the **honey**, a **squeeze** of **lemon juice** and **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**). Add the **spinach & rocket mix** and **apple** and toss to coat.



3 CRUMB THE PORK

While the **potato** is cooking, combine the **salt (for the pork)**, **lemon pepper spice blend** and **plain flour** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **lemon zest**, **panko breadcrumbs** and a **good pinch** of **salt** and **pepper**. Dip the **pork schnitzels** into the flour mixture, followed by the egg, and finally in the panko mixture. Set aside on a plate.



6 SERVE UP

Divide the **lemon pepper pork schnitzels**, **potato salad** and **green salad** between plates. Sprinkle the **roasted almonds** over the **green salad** and squeeze the remaining **lemon wedges** over the **pork schnitzels**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
spring onion	1 bunch	1 bunch
chives	1 bunch	1 bunch
apple	½	1
roasted almonds	1 packet	2 packets
lemon	½	1
salt* (for the pork)	1 tsp	2 tsp
lemon pepper spice blend	2 sachets	4 sachets
plain flour*	1½ tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 packet	2 packets
pork schnitzel	1 packet	1 packet
salt* (for the potato)	¼ tsp	½ tsp
Dijon mustard	½ tub (7.5 g)	1 tub (15 g)
mayonnaise	1 tub (40 g)	2 tubs (80 g)
honey*	½ tsp	1 tsp
spinach & rocket mix	1 bag (60 g)	1 bag (120 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3550kJ (848Cal)	609kJ (145Cal)
Protein (g)	50.5g	8.7g
Fat, total (g)	41.6g	7.1g
- saturated (g)	5.8g	1.0g
Carbohydrate (g)	62.9g	10.8g
- sugars (g)	11.4g	2.0g
Sodium (g)	1980mg	339mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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