



Sweet Mustard Crumbed Pork & Sweet Potato Wedges

with Coconut Mayo Slaw



Add flavours of the south to crumbed pork



Sweet Potato



Carrot



Parsley



Coconut Chilli Mayonnaise



Shredded Cabbage Mix



Sweet Mustard Spice Blend



Pork Schnitzel



Panko Breadcrumbs

Hands-on: 30 mins
Ready in: 40 mins

We've poured all the flavour of the south into these crumbed pork schnitzels that are sure to have you feeling the soul in every mouthful.

Pantry Staples: Olive Oil, White Wine Vinegar, Plain Flour, Egg

BEFORE YOU — START

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



1 BAKE THE SWEET POTATO WEDGES

Preheat the oven to **240°C/200°C fan-forced**. Chop the **sweet potato** (unpeeled) into 1 cm wedges. Place the sweet potato wedges on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Place the tray on the top rung of the oven and cook for **25-30 minutes**, or until golden.

TIP: Cutting the sweet potato to the suggested size ensures it cooks in the allocated time.



4 CRUMB THE PORK

In the first shallow bowl, combine the **sweet mustard spice blend**, **plain flour** and a **pinch** of **salt** and **pepper**. In the second shallow bowl, whisk the **egg** with a fork. In the third shallow bowl, add the **panko breadcrumbs**. 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 breadcrumbs. Set aside on a plate, ready to fry.



2 GET PREPPED

While the sweet potato is cooking, grate the **carrot** (unpeeled). Finely chop the **parsley** leaves.



5 COOK THE CRUMBED PORK

Add enough **olive oil** to coat the base of a large frying pan and heat over a medium-high heat. Once hot, add the crumbed **pork schnitzel** and cook for **1-2 minutes** on each side, or until golden on the outside and cooked through. Set aside on a plate lined with paper towel to soak up the excess oil.



3 MAKE THE COCONUT MAYO SLAW

In a medium bowl, combine **1/2** of the **coconut chilli mayonnaise**, the **white wine vinegar** and a **drizzle** of **olive oil**. Season with a **pinch** of **salt** and **pepper** and mix well. Add the **shredded cabbage mix**, **carrot** and **parsley** and toss to coat in the dressing. Set aside.



6 SERVE UP

Divide the sweet mustard crumbed pork, sweet potato wedges and coconut mayo slaw between plates. Serve the remaining coconut chilli mayonnaise on the side.

Enjoy!

2 | 4 PEOPLE — INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	400 g	800 g
carrot	1	2
parsley	1 bunch	1 bunch
coconut chilli mayonnaise	1 tub (100 g)	2 tubs (200 g)
white wine vinegar*	1 tsp	2 tsp
shredded cabbage mix	1 bag	1 bag
sweet mustard spice blend	1 sachet (2 tsp)	2 sachets (1 tbs)
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 packet (1 cup)	2 packets (2 cups)
pork schnitzel	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3570kJ (853Cal)	569kJ (136Cal)
Protein (g)	46.5g	7.4g
Fat, total (g)	46.5g	7.4g
- saturated (g)	5.9g	0.9g
Carbohydrate (g)	60.5g	9.7g
- sugars (g)	21.6g	3.5g
Sodium (g)	603mg	96mg

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

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