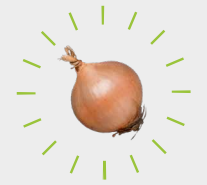




LEMON PEPPER PORK SCHNITZEL

with Caramelised Onion Potato Salad



Add caramelised onion to a potato salad



Potato



Green Beans



Brown Onion



Tomato



Carrot



Lemon



Parsley



Chives



Pork Schnitzel



Lemon Pepper Spice Blend



Panko Breadcrumbs



Sour Cream



Mixed Salad Leaves



Balsamic & Olive Oil Dressing

Hands-on: 35 mins
Ready in: 40 mins

Tonight, we're putting on the schnitz! With zesty lemon pepper in the crumb coating, a deluxe potato salad with caramelised onion and a garden salad with a tangy balsamic dressing, this meal is the best of the best!

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar, Plain Flour, Eggs

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. Trim the **green beans** and slice into thirds. Thinly slice the **brown onion**. Thinly slice the **tomato** into half-moons. Grate the **carrot** (unpeeled). Zest the **lemon** to get a **pinch**, then slice into wedges. Finely chop the **parsley** and **chives**. Add the **potato** to the boiling water and cook until soft when pierced with a knife, **10-12 minutes**. In the last **3 minutes** of potato cook time, add the **green beans**. Drain and run under cold water to cool.



4 COOK THE PORK

Return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. Working in batches, add the crumbed **pork** and cook until golden and cooked through, **1-2 minutes** each side. Transfer to a plate lined with paper towel.



2 CARAMELISE THE ONION

While the potato is cooking, heat a **drizzle** of **olive oil** in a large frying pan over a medium high heat. Add the **onion** and cook, stirring regularly until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **6-8 minutes**. Transfer to a large bowl and set aside to cool slightly.



5 MAKE THE SALADS

Add the **potato**, **green beans**, **sour cream** and **chives** to the bowl with the caramelised **onion**. Season generously with **salt** and **pepper** and toss to coat. **TIP: Seasoning is key in this dish! Taste and season again with salt and pepper if you think it needs it!** In a medium bowl, add the **tomato**, **carrot**, **mixed salad leaves** and **balsamic & olive oil dressing** and toss to coat. Season to taste with **salt** and **pepper**.



3 CRUMB THE PORK

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



6 SERVE UP

Divide the lemon pepper pork schnitzels and the salads between plates. Serve with the lemon wedges on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	6
green beans	1 bag (100g)
brown onion	2
tomato	1
carrot	1
lemon	1
parsley	1 bunch
chives	1 bunch
balsamic vinegar*	2½ tbs
water*	4 tsp
brown sugar*	1 tbs
pork schnitzel	2 packets
plain flour*	½ cup
lemon pepper spice blend	2 sachets
salt*	½ tsp
eggs*	2
panko breadcrumbs	2 packets
sour cream	2 packets
mixed salad leaves	1 bag (120g)
balsamic & olive oil dressing	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2910kJ (695Cal)	428kJ (102Cal)
Protein (g)	50.6g	7.5g
Fat, total (g)	20.4g	3.0g
- saturated (g)	8.7g	1.3g
Carbohydrate (g)	71.1g	10.5g
- sugars (g)	18.4g	2.7g
Sodium (g)	888mg	131mg

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

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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