






Cooking Made Easy

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Summertime Pork Schnitzel with Salad, New Potatoes and Capers

Food can be a great opportunity for increasing your vocabulary and nowhere is this more apparent than with the word 'schnitzel'. We conjured up a thousand ideas on what this word could mean, though it turns out it simply means 'cut' (as in a 'cut' of meat). The schnitzel also happens to be a close cousin of the escalope, the milanese and the milanesa in case you need to order it abroad!



25 min



New Potatoes



Pork Fillet



Panko Breadcrumbs



Sour Cream



Dijon Mustard



Balsamic Vinegar



Rocket



Lilliput Capers



Lemon

Ingredients

	2P	4P
New Potatoes, quartered	350g	700g
Pork Fillet	1	2
Panko Breadcrumbs 1	1 cup	2 cups
Sour Cream 2	2 tbsp	4 tbsp
Dijon Mustard 3	½ tsp	1 tsp
Balsamic Vinegar 4	½ tbsp	1 tbsp
Rocket	1 bag	2 bags
Lilliput Capers	1 tbsp	2 tbsp
Lemon	½	1

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Gluten | 2) Milk
3) Mustard | 4) Sulphites

Nutrition per serving: Calories: 579 kcal | Protein: 35 g | Carbs: 53 g | Fat: 24 g | Saturated Fat: 12 g



1 Boil a large pot of water with ¼ tsp of salt for the potatoes. Wash the potatoes (but keep the nutritious skins on). Cut the potatoes into quarters. Cook in the boiling water for 10-15 mins until cooked through.



2 Place your hand flat on your pork fillet and slice in half from the side and cut each piece in half widthways. Lay the pork slices between 2 sheets of clingfilm. Whack the pork, using the base of a pan or a rolling pin, until it is 1cm thick.



3 Put the breadcrumbs in a big bowl with ¼ tsp of salt and a good few grinds of black pepper. Coat each pork fillet evenly in a tbsp of sour cream. Press each fillet into the breadcrumbs until completely coated.



4 Heat 1 tbsp of oil in a large frying pan. Lay the pork schnitzels in the pan and cook for 3-4 mins on each side. **Tip:** Cook these in batches to make sure the pan retains its heat and gives a lovely golden colour to the schnitzels. We cooked the pork until it was ever so slightly pink in the middle.

5 Drain your potatoes when they're done and rinse them under cold water for a minute. This will stop them from cooking further and cool them slightly for your lukewarm salad.

6 In a bowl, use a fork to whisk together the Dijon mustard, balsamic vinegar and 1 tbsp of olive oil with a small pinch of salt and pepper. **Tip:** To sweeten the vinaigrette, you can add a pinch of sugar.

7 Toss the rocket and slightly cooled potatoes with this vinaigrette. Scatter the capers on top. **Tip:** If the little ones don't like capers, you can just leave them out!

8 Serve the schnitzels on the potato salad and sprinkle over some lemon zest.