



GERMAN INSPIRED PORK SCHNITZEL

with Roasted Potatoes and Beetroot

In cooperation with:



#EnjoyGermanFood

Enjoy this recipe with a crisp German Riesling to really bring the flavours to life.



Potato



Beetroot



Lemon



Panko Breadcrumbs



Dried Oregano



Pork Loin Steak



Mayonnaise



Mint



Balsamic Vinegar



Honey



Rocket



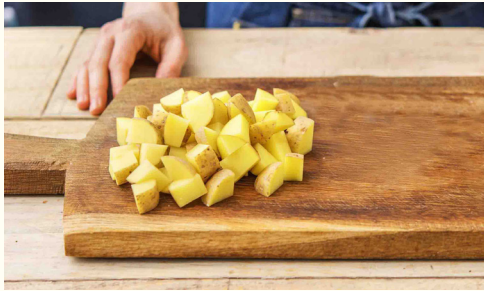
40 mins

2 of your 5 a day

Golden, crispy and light, our take on the classic German schnitzel is a winning weeknight recipe. Whilst we've served ours with a peppery rocket salad and roasted beetroot and potatoes, in Germany, schnitzel comes in a surprising number of different variations. Jägerschnitzel is the most popular variety, served with a rich mushroom gravy, closely followed by Zigeunerschnitzel, where it is served alongside a zesty red pepper sauce. German food tastes even better in Germany – visit hellofresh.co.uk/enjoygermanfood for your chance to win a foodie trip to the Black Forest!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Fine Grater** and **Frying Pan**. Now, let's get cooking!



1 ROAST THE POTATOES

Preheat your oven to 220°C. Chop the **potatoes** into 2cm chunks (no need to peel!) and pop on a baking tray. Drizzle with **oil**. Season with **salt** and **pepper**, toss to coat then spread out and roast on the middle shelf of your oven till golden and crispy, 30-35 mins, turning halfway.



2 BEETROOT TIME

Meanwhile, trim and peel each **beetroot** then chop each into eight wedges. **★TIP:** *Wear gloves if you don't want to stain your hands a funky pink colour!* When the **potatoes** are halfway through cooking, add the **beetroot** to the tray, give everything a shake and return to the oven for the remainder of the time. **★TIP:** *The beetroot are cooked when you can just slip a knife through.* Meanwhile, start to make the **crumb!**



3 CRUMBS

Zest the **lemon** and pop into a bowl. Mix in the **panko, oregano, olive oil** for crumb (see ingredients for amount) and a good pinch of **salt** and **pepper**. Tip onto a plate. Bash the **pork steak** with a rolling pin until 1cm thick all over. Repeat with the other **steak(s)**. Smear one side of the **pork** with a little **mayo** to cover it. Place mayo-side-down in the **crumbs**. Smear the exposed side with mayo and turn it over so both sides are coated. Repeat for the other **steak(s)**.



4 COOK THE PORK

Heat a good splash of **oil** in a frying pan on medium-high heat. When hot, carefully lay in the **pork schnitzels** and fry until golden and cooked through, turning halfway, 8-10 mins. **⚠ IMPORTANT:** *The pork is cooked when no longer pink in the middle.*



5 MAKE THE DRESSING

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the **stalks**). In a small bowl, stir together the **balsamic vinegar, honey** and **olive oil** (see ingredients for amount). Season to taste with a pinch of **salt** and **pepper** then stir through half the **mint**. Pop the **rocket** in a bowl and drizzle over **half** the **dressing**. Toss together just before serving.



6 SERVE

Serve the **roasted potatoes** and **beetroots** on your plates topped with the **pork schnitzel**. Arrange the **rocket** alongside and finish all with a drizzle of remaining dressing and a scattering of remaining **mint**. **Guten Appetit!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	1 small pack	1 large pack	2 small packs
Beetroot	2	3	4
Lemon	1	1½	2
Panko Breadcrumbs 13)	30g	50g	60g
Dried Oregano	1 small pot	¾ large pot	1 large pot
Olive Oil for Crumb*	1 tbsp	1½ tbsp	2 tbsp
Pork Loin Steak	2	3	4
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Mint	1 bunch	1 bunch	1 bunch
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil for Dressing*	2 tbsp	3 tbsp	4 tbsp
Rocket	1 bag	1½ bags	2 bags

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 692G	PER 100G
Energy (kcal)	826	119
(kJ)	3456	500
Fat (g)	39	6
Sat. Fat (g)	7	1
Carbohydrate (g)	85	12
Sugars (g)	30	4
Protein (g)	39	6
Salt (g)	0.87	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 9) Mustard 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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