

for the  
little onesNUGGETS with Mash  
& Veggies

# Schnitzels & Mash



30 Minutes



4 Servings



PORK

Golden panko crumbed pork schnitzels served with creamy mash, fresh salad vegetables and a mustard dressing.

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## FROM YOUR BOX

|                  |             |
|------------------|-------------|
| MEDIUM POTATOES  | 1kg         |
| BABY COS LETTUCE | 1           |
| APPLES           | 2           |
| DUTCH CARROTS    | 1 bunch     |
| DIJON MUSTARD    | 1 small jar |
| PORK STEAKS      | 600g        |
| PANKO CRUMBS     | 80g         |

## FROM YOUR PANTRY

oil + butter for cooking, salt, pepper, olive oil, red wine vinegar, honey

## COOKING TOOLS

large frypan, saucepan

Roast the potatoes and carrots if you prefer for your family! You can add the apples to roast on the tray also!

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

**No gluten option** – panko is replaced with cornflakes (2x40g). Crush to use as a crumb.



### 1. Boil the Potatoes

Peel and chop potatoes and place in a large saucepan. Cover with water. Bring to a boil and cook for 15 minutes or until soft. To drain, see step 5.

**tip** You can blanch the carrots in the boiling water while you cook the potatoes if you prefer!



### 4. Cook the Pork

Heat a frypan with **3 tbsp oil/butter** over medium heat. Add crumbed pork and cook (in batches) for 3-4 minutes on each side or until cooked through.



### 2. Make the Salad & Dressing

Wedge lettuce, cut apples into rounds and trim carrots. Arrange on a serving platter.

Whisk to combine mustard with **1/4 cup olive oil, 1 tbsp water, 1 tbsp vinegar and 1/2 tbsp honey**.



### 5. Mash the Potatoes

Reserve **1/2 cup cooking water** before draining the potatoes. Return potatoes to saucepan and mash with **1-2 tbsp butter**. Season with **salt and pepper**.

**tip** Replace cooking water with milk for a creamier mash!



### 3. Trim & Crumb the Pork

Trim pork steaks and pound evenly using a mallet. Halve, coat in **oil** then press into crumb to coat.

**tip** Cut into nuggets before crumbing if you think that works better for your family.



### 6. Finish and Serve

Serve mash with schnitzels, salad and dressing.

**tip** Any leftover dressing can be kept in the fridge for up to 5 days to dress salads during the week.