

FOR THE
 Little ones

 NUGGETS WITH MASH
 & VEGGIES


Schnitzels & Mash

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



30 Minutes



4/6 Servings



PORK

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	28g	52g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
BABY COS LETTUCE	1	2
GREEN APPLES	2	2
DUTCH CARROTS	1 bunch	1 bunch
DIJON MUSTARD	1 small jar	2 small jars
PORK STEAKS	600g	600g + 300g
PANKO CRUMBS	80g	80g + 40g

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!

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**.

6P – whisk to combine mustard with **1/3 cup olive oil, 2 tbsp water, 2 tbsp vinegar and 1 tbsp honey**.



5. Mash the Potatoes

Reserve **1/2-1 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.