



Forever schnitzel with German potato salad and creamy caper sauce



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large frying pan x 2



Pantry items needed: olive oil



Hands-on: 20 minutes
Ready in: 35 minutes



Serves: 2 or 4

Golden brown Forever schnitzels, zingy German-style potato salad topped with Just Add Vegan house-made diced smoky rashers and a side of creamy caper sauce make the perfect pub meal at home, only tastier and healthier!

HIGH PROTEIN | CALORIE SMART | Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Onion	90g	180g
Garlic	6g	12g
Capers	1 tub	1 tub
Potato	550g	1100g
Olive oil for sauce*	1 tbsp	2 tbsp
Water*	¾ cup	1½ cup
Vegan sour cream	1 tub	1 tub
Potato salad dressing	1 tub	1 tub
Salt*	¾ tsp	1½ tsp
Olive oil for schnitzels*	1½ tbsp	3 tbsp
Forever schnitzels	1 packet	1 packet
Just Add Vegan diced smokey rashers	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: soy, sulphites.
May contain traces of other allergens.
For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare vegetables

Finely dice **onion**. Mince **garlic** and **capers**. Peel and dice **potato** into 1cm pieces.

2. Cook potatoes

Place **potatoes** into a medium pot and add water to cover. Bring to a boil, reduce to a simmer and cook for about **15 minutes** until the potatoes can be pierced with a knife. Drain and set aside.

3. Cook caper sauce

In a large frying pan over medium heat, add **olive oil for sauce***, **garlic**, **capers** and **half the quantity** of **onion** and cook, stirring occasionally, for **5 minutes**. Add **water*** and **vegetable stock cube** (**½ for 2 serves** and **1 for 4 serves**) and allow to simmer until the liquid has reduced by half, about **3 minutes**. Add **sour cream** and stir until smooth. Remove from the heat.

4. Assemble salad

In a bowl, place **potatoes**, **potato salad dressing**, **salt*** and remaining **onion** and toss well to combine.

5. Cook smokey rashers and schnitzel

In a large frying pan over medium heat, add **olive oil for schnitzels***. When hot, add **schnitzels** and cook until lightly browned on both sides, about **4 minutes**. Remove from the pan and place onto kitchen paper towel.

To the pan, add **diced smokey rashers** and cook, stirring constantly until browned, about **2 minutes**. Remove from the heat.

6. Serve

Serve **schnitzels** on plates with **caper sauce** poured over the top and **potato salad** with **diced smokey rashers** sprinkled on top.

Nutritional information*

	Per 665g serve	Per 100g
Energy	2356kJ (564Cal)	354kJ (85Cal)
Protein	63.3g	9.5g
Fat, total	23.6g	3.5g
- Saturated	4.3g	0.6g
Carbohydrate	51.0g	8.0g
- Sugars	8.0g	1.0g
Sodium	1747mg	263mg

* Nutritional information is based on averages