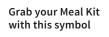


with Mustard Mayo & Mint

KID FRIENDLY

















Panko Breadcrumbs





Pork Schnitzels

Mixed Salad Leaves



Shaved Parmesan

Mustard Mayo



Prep in: 25-35 mins Ready in: 30-40 mins Eat Me Early*

*Custom Recipe only



All the classic flavours in this German-inspired dish play off against each other in the most delightful way. The sweetness of the honey and pear against sharp Parmesan and crumbed pork is just lovely!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Egg, Honey, Vinegar (White Wine or Red Wine)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
pear	1	2		
mint	1 bag	1 bag		
plain flour*	2 tbs	1/4 cup		
salt*	1 tsp	2 tsp		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
pork schnitzels	1 small packet	2 small packets OR 1 large packet		
honey*	1 tsp	2 tsp		
vinegar* (white wine or red wine)	drizzle	drizzle		
mixed salad leaves	1 medium bag	1 large bag		
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)		
mustard mayo	1 medium packet	2 medium packets		
chicken breast**	1 small packet	2 small packets OR 1 large packet		
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g		
Energy (kJ)	2326kJ (556Cal)	572kJ (137Cal)		
Protein (g)	42.9g	10.5g		
Fat, total (g)	24.2g	5.9g		
- saturated (g)	5.8g	1.4g		
Carbohydrate (g)	39.5g	9.7g		
- sugars (g)	14.1g	3.5g		
Sodium (mg)	1875mg	461mg		
Dietary Fibre (g)	7.4g	1.8g		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2457kJ (587Cal)	569kJ (136Cal)
Protein (g)	48.4g	11.2g
Fat, total (g)	26g	6g
- saturated (g)	6.3g	1.5g
Carbohydrate (g)	37.7g	8.7g
- sugars (g)	13.8g	3.2g
Sodium (mg)	1565mg	362mg
Dietary Fibre (g)	7.7g	1.8g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Grate carrot.
- Thinly slice **pear** into wedges.
- Pick and thinly slice mint leaves.

Little cooks: Older kids can help grate the carrot under adult supervision.



Set up the crumbing station

- In a shallow bowl, combine the **plain flour** and the **salt**.
- In a second shallow bowl, whisk the egg.
- In a third shallow bowl, place panko breadcrumbs.



Crumb the pork

- Pull apart **pork schnitzels** so you get two per person.
- Dip pork into flour mixture to coat, then into the egg, and finally in the breadcrumbs.
 Transfer to a plate.

Custom Recipe: If you've swapped to chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm. Crumb chicken as above.



Cook the pork

- In a large frying pan, heat enough **olive oil** to coat the base over high heat.
- When oil is hot, cook crumbed pork in batches, until golden and cooked through, 1-2 minutes each side.
- Transfer to a paper towel-lined plate.

TIP: Add extra oil between batches if necessary.

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook crumbed chicken in batches, until golden and cooked through (when it's no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.



Make the salad

- While pork is cooking, combine the honey with a drizzle of olive oil and the vinegar in a medium bowl.
- Season, then add mixed salad leaves, carrot, pear, shaved Parmesan cheese and mint. Toss to coat.

Little cooks: Help combine the dressing and toss the salad!



Serve up

- · Slice pork schnitzel.
- Divide pork schnitzel and pear-Parmesan salad between plates.
- Serve with mustard mayo. Enjoy!

Custom Recipe: Slice chicken schnitzel to serve.

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate