HELLO FRESH

Pork Schnitzel & Pear-Parmesan Salad
with Mustard Mayo & Mint

KID FRIENDLY

Carrot

Pear

Mint

Panko Breadcrumbs

Pork Schnitzels

Mixed Salad Leaves

Shaved Parmesan Cheese

Mustard Mayo

Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Carb Smart

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)

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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

	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	¼ 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

**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

1

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.*

2

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**.

3

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.

4

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.

5

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!*

6

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.

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