



# Classic Pork Parmigiana Sub & Fries

with Spinach, Rocket & Fennel Salad

PUB BISTRO

Grab your Meal Kit with this symbol



Potato



Garlic Paste



Passata



Bake-At-Home Ciabatta



Mediterranean Seasoning



Panko Breadcrumbs



Pork Schnitzels



Cheddar Cheese



Kalamata Olives



Spinach, Rocket & Fennel Mix



Garlic Aioli

Prep in: 35-45 mins  
Ready in: 35-45 mins

This pub classic is getting a Hellofresh twist. We've swapped your classic chicken parmi for a pork parmi and thought that the only way to make it even better, is by adding a kalamata and fennel salad which takes it from zero to hero.

### Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Egg, Vinegar (White Wine or Balsamic)

## 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic paste	1 packet	2 packets
passata	1 box	2 boxes
<b>brown sugar*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
bake-at-home ciabatta	2	4
<b>plain flour*</b>	1½ tbs	3 tbs
Mediterranean seasoning	1 medium sachet	2 medium sachets
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 small packet	2 small packets OR 1 large packet
Cheddar cheese	1 large packet	2 large packets
kalamata olives	1 packet	2 packets
spinach, rocket & fennel mix	1 medium bag	1 large bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5054kJ (1208Cal)	668kJ (160Cal)
Protein (g)	63.5g	8.4g
Fat, total (g)	53.1g	7g
- saturated (g)	17.8g	2.4g
Carbohydrate (g)	114.5g	15.1g
- sugars (g)	14.2g	1.9g
Sodium (mg)	2771mg	366mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.

4



## Cook the schnitzels

- Wash out frying pan and return to high heat with enough **olive oil** to coat the base.
- Cook **pork schnitzel** in batches, until golden and cooked through, **1-2 minutes** each side.
- Transfer to a second lined oven tray. Top and evenly spread each piece of pork with **parmigiana sauce**, then sprinkle with **Cheddar cheese**.
- Bake until the cheese has melted, **8-10 minutes**.

2



## Make the parmigiana sauce

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium heat.
- Add **garlic paste** and cook until fragrant, **1 minute**.
- Add **passata**, the **brown sugar** and the **butter** and cook, stirring, until slightly reduced, **3-4 minutes**. Season to taste.
- Transfer to a bowl.

5



## Toss the salad

- Meanwhile, toast or grill **ciabatta** to your liking.
- In a medium bowl, combine **kalamata olives**, **spinach, rocket & fennel mix**, a drizzle of the **vinegar** and **olive oil**. Season.

3



## Get prepped

- Meanwhile, slice **bake-at-home ciabatta** in half lengthways.
- In a shallow bowl, combine the **plain flour**, **Mediterranean seasoning** and a pinch of **salt**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs**.
- Separate **pork schnitzels** to get two per person.
- Dip **pork** into **flour mixture** to coat, then into **egg**, and finally in **breadcrumbs**. Set aside on a plate.

6



## Serve up

- Spread ciabatta with some **garlic aioli**. Top with pork parmigiana and some salad.
- Serve with fries and any remaining salad and aioli. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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