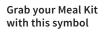


Parmesan Pork Schnitzels

with Pear Slaw & Smokey Aioli

KID FRIENDLY

BESTSELLER













Panko Breadcrumbs

Parmesan Cheese





Pork Schnitzels

Dijon Mustard





Slaw Mix

Smokey Aioli





Prep in: 20-30 mins Ready in: 25-35 mins Eat Me Early*

*Custom Posin

*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 pear against the sharp Parmesan and crunchy coated pork is just lovely!



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



Olive Oil, Plain Flour, Egg, White Wine Vinegar, Brown Sugar

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
	pear	1	2
	Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachets
	plain flour*	1 tbs	2 tbs
	egg*	1	2
	panko breadcrumbs	¾ medium packet	¾ large packet
	Parmesan cheese	1 medium packet	1 large packet
	pork schnitzels	1 small packet	2 small packets OR 1 large packet
	Dijon mustard	1 packet	2 packets
	white wine vinegar*	1 tsp	2 tsp
	brown sugar*	1 tsp	2 tsp
	slaw mix	1 small bag	1 large bag
	smokey aioli	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)	2339kJ (559Cal)	617kJ (147Cal)
Protein (g)	42.3g	11.2g
Fat, total (g)	25.7g	6.8g
- saturated (g)	5.8g	1.5g
Carbohydrate (g)	36.1g	9.5g
- sugars (g)	14.3g	3.8g
Sodium (mg)	1371mg	362mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2487kJ (594Cal)	616kJ (147Cal)
Protein (g)	46.9g	11.6g
Fat, total (g)	28.4g	7g
- saturated (g)	6.5g	1.6g
Carbohydrate (g)	34.3g	8.5g
- sugars (g)	14g	3.5g
Sodium (mg)	1065mg	264mg

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

- · Slice pear into thin sticks.
- In a shallow bowl, combine Aussie spice blend, the plain flour and a good pinch of salt and pepper. In a second shallow bowl, whisk the egg. In a third shallow bowl, combine panko breadcrumbs (see ingredients) and Parmesan cheese.
- Pull apart pork schnitzels (they may be stuck together), then dip into the flour mixture to coat, then into the egg, and finally in panko mixture.

Custom Recipe: If you've swapped to chicken breast, place each chicken breast between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm. Crumb the chicken breast in the same way as the pork schnitzel.



Make the slaw

- In a large bowl, combine Dijon mustard, the white wine vinegar, the brown sugar and a drizzle of olive oil. Season with salt and pepper.
- Add **pear** and **slaw mix**. Toss to coat.

TIP: Use less Dijon mustard if you're not a fan!



Cook the pork

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

Custom Recipe: Heat frying pan over medium-high heat with enough olive oil to coat the base. When oil is hot, cook chicken until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.



Serve up

- · Slice pork schnitzels.
- Divide Parmesan pork schnitzels between plates.
- Serve with pear slaw and **smokey aioli**. Enjoy!