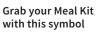


Quick Parmesan Pork Schnitzel & Garlic Aioli with Cherry Tomato Garden Salad

CUSTOMER FAVOURITE

KID FRIENDLY











Panko Breadcrumbs





Parmesan Cheese

Pork Schnitzels





Dijon Mustard

Garlic Aioli

Snacking Tomatoes



Spinach, Rocket & Fennel Mix

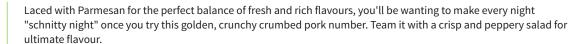




Prep in: 20-30 mins Ready in: 25-35 mins Eat Me Early*

*Custom Recipe only





Olive Oil, Plain Flour, Egg, White Wine Vinegar

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		
Aussie spice blend	1 medium sachet	1 large sachet		
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		
snacking tomatoes	1 punnet	2 punnets		
Dijon mustard	1 packet	2 packets		
white wine vinegar*	1 tsp	2 tsp		
spinach, rocket & fennel mix	1 medium bag	1 large bag		
garlic aioli	1 medium packet	1 large packet		
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)	1992kJ (476Cal)	542kJ (130Cal)
Protein (g)	42.3g	11.5g
Fat, total (g)	20.9g	5.7g
- saturated (g)	5.1g	1.4g
Carbohydrate (g)	28.1g	7.7g
- sugars (g)	4.7g	1.3g
Sodium (mg)	1360mg	370mg
Dietary Fibre (g)	4.6g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2140kJ (511Cal)	546kJ (130Cal)
Protein (g)	46.9g	12g
Fat, total (g)	23.6g	6g
- saturated (g)	5.8g	1.5g
Carbohydrate (g)	26.2g	6.7g
- sugars (g)	4.5g	1.1g
Sodium (mg)	1054mg	269mg
Dietary Fibre (g)	4.8g	1.2g

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

- 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.
 Transfer to a plate.

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 chicken breast in the same way as the pork schnitzel.



Prep the salad

- Halve snacking tomatoes.
- In a large bowl, combine Dijon mustard, the white wine vinegar and a drizzle of olive oil. Season with salt and pepper.
- Add tomatoes and spinach, rocket & fennel 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 until golden on the outside and cooked through,
1-2 minutes each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.

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

- Divide Parmesan pork schnitzels between plates.
- Serve with cherry tomato garden salad and garlic aioli. Enjoy!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate