



# Quick Parmesan Pork Schnitzels

with Dijon Mustard Pear Slaw & Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Pear



Aussie Spice Blend



Panko Breadcrumbs



Parmesan Cheese



Pork Schnitzels



Dijon Mustard



Baby Spinach Leaves



Slaw Mix



Garlic Aioli



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins

Carb Smart

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.

### Pantry items

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
<b>olive oil*</b>	refer to method	refer to method
pear	1	2
Aussie spice blend	1 medium sachet	1 large sachet
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 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
<b>white wine vinegar*</b>	1 tsp	2 tsp
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
slaw mix	1 small 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)	2346kJ (561Cal)	596kJ (142Cal)
Protein (g)	42.7g	10.8g
Fat, total (g)	25.7g	6.5g
- saturated (g)	5.8g	1.5g
Carbohydrate (g)	36.1g	9.2g
- sugars (g)	14.4g	3.7g
Sodium (mg)	1385mg	352mg
Dietary Fibre (g)	6.7g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2494kJ (596Cal)	595kJ (142Cal)
Protein (g)	47.3g	11.3g
Fat, total (g)	28.4g	6.8g
- saturated (g)	6.6g	1.6g
Carbohydrate (g)	34.4g	8.2g
- sugars (g)	14.1g	3.4g
Sodium (mg)	1079mg	258mg
Dietary Fibre (g)	6.9g	1.6g

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.

## We're here to help!

Scan here if you have any questions or concerns



1



## Get prepped

- Roughly chop **pear**.
- 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** 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 chicken breast in the same way as the pork schnitzel.

3



## Make the slaw

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

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

2

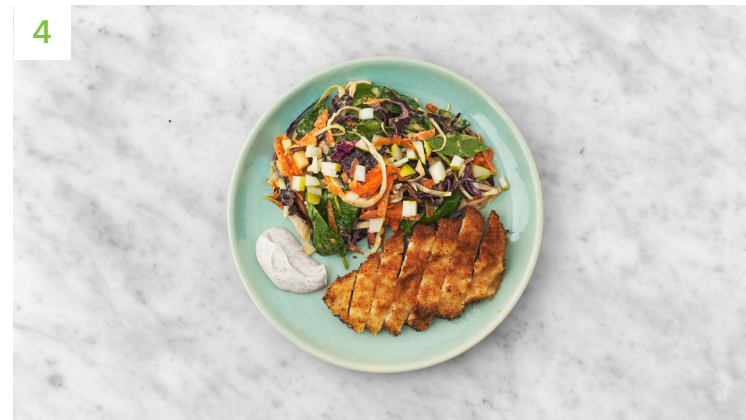


## Cook the pork

- 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.

**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.

4



## Serve up

- Slice pork schnitzels.
- Divide Parmesan pork schnitzels between plates.
- Serve with Dijon mustard pear slaw and garlic aioli. Enjoy!

**Custom Recipe:** Slice chicken schnitzels. Divide Parmesan chicken schnitzels between plates.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)