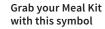


Italian Pork Cotoletta & Cherry Tomato Salad

with Dill-Parsley Mayo & Flaked Almonds

MEDITERRANEAN







Snacking Tomatoes





Garlic & Herb Seasoning



Panko Breadcrumbs





Pork Schnitzels

Flaked Almonds

Parmesan Cheese



Spinach & Rocket





Dill & Parsley Mayonnaise





Prep in: 15-25 mins Ready in: 20-30 mins

Carb Smart* *Custom recipe is not Carb Smart In just 4 easy steps, whip up this pork cotoletta just like Nonna would make! These herby schnitzels crisp up to golden perfection in the pan, which only leaves you with the task of putting together a bright salad to enjoy on the side!

Pantry items

Olive Oil, Plain Flour, Egg, Balsamic 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		
snacking tomatoes	1 punnet	2 punnets		
apple	1	2		
plain flour*	1 tbs	2 tbs		
salt*	1/4 tsp	½ tsp		
garlic & herb seasoning	1 medium sachet	1 large sachet		
egg*	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		
balsamic vinegar*	drizzle	drizzle		
spinach & rocket mix	1 medium bag	2 medium bags		
flaked almonds	1 medium packet	1 large packet		
dill & parsley mayonnaise	1 medium packet	1 large packet		
Parmesan cheese**	1 medium packet	1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2655kJ (635Cal)	620kJ (148Cal)
Protein (g)	44.1g	10.3g
Fat, total (g)	33.7g	7.9g
- saturated (g)	6.4g	1.5g
Carbohydrate (g)	37.8g	8.8g
- sugars (g)	9.3g	2.2g
Sodium (mg)	1315mg	307mg
Dietary Fibre (g)	6.8g	1.6g
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2863kJ (684Cal)	649kJ (155Cal)
Protein (g)	48.2g	10.9g
Fat, total (g)	37.3g	8.5g
- saturated (g)	9g	2g
Carbohydrate (g)	38.1g	8.6g
- sugars (g)	9.4g	2.1g
Sodium (mg)	1447mg	328mg

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.



Get prepped

- Halve snacking tomatoes.
- · Thinly slice apple into wedges.
- In a shallow bowl, combine the plain flour, salt, garlic & herb seasoning and a pinch of **pepper**. In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place panko breadcrumbs and Parmesan cheese (reserve some Parmesan for garnish!).
- Pull apart **pork schnitzels** so you get 2 per person. Dip **pork** into **flour** mixture, followed by egg and finally in panko breadcrumbs. Set aside.

Custom Recipe: If you've doubled your Parmesan cheese, add extra cheese to panko-Parmesan mixture as above.



Cook the pork

- In a large frying pan, heat enough **olive oil** to coat the base over high heat.
- Cook pork schnitzel in batches, until golden 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.



Toss the salad

- In a large bowl, combine a drizzle of balsamic vinegar and olive oil.
- Top with **spinach & rocket mix**, **tomato** and **apple**. Season and toss to combine.



Serve up

- Divide cherry tomato salad and Italian pork cottoletta between plates.
- Sprinkle over reserved Parmesan cheese. Top salad with **flaked almonds**.
- Serve with dill & parsley mayonnaise. Enjoy!

