HELLO FRESH

Italian Pork Cotoletta & Cherry Tomato Salad
with Dill-Parsley Mayo & Flaked Almonds

MEDITERRANEAN

Garlic & Herb Seasoning

Panko Breadcrumbs

Parmesan Cheese

Pork Schnitzels

Spinach & Rocket Mix

Snacking Tomatoes

Balsamic Vinaigrette Dressing

Flaked Almonds

Dill & Parsley Mayonnaise

Chicken Breast

Pantry items

Olive Oil, Plain Flour, Egg, Balsamic Vinegar

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

Eat Me Early*
Custom Recipe only

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!

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

AI

Before you start

Wash your hands and any fresh food.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil *	refer to method	refer to method
plain flour *	1 tbs	2 tbs
salt *	¼ 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 packet	2 medium packets
snacking tomatoes	1 packet	2 packets
balsamic vinaigrette dressing	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet
dill & parsley mayonnaise	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)	2696kJ (644Cal)	703kJ (168Cal)
Protein (g)	43.4g	11.3g
Fat, total (g)	37.5g	9.8g
- saturated (g)	6.6g	1.7g
Carbohydrate (g)	32.6g	8.5g
- sugars (g)	4.2g	1.1g
Sodium (mg)	1446mg	377mg
Dietary Fibre (g)	5.5g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2805kJ (670Cal)	686kJ (164Cal)
Protein (g)	50.6g	12.4g
Fat, total (g)	38g	9.3g
- saturated (g)	6.7g	1.6g
Carbohydrate (g)	30.9g	7.6g
- sugars (g)	3.9g	1g
Sodium (mg)	1126mg	276mg

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.

1

Get prepped

- In a shallow bowl, combine the **plain flour**, the **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 swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Crumb chicken steaks as above.

2

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.*

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook crumbed chicken in batches, until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.

3

Toss the salad

- In a large bowl, combine **spinach & rocket mix**, **snacking tomatoes** (slice if preferred) and **balsamic vinaigrette dressing**. Season and toss to combine.

4

Serve up

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