



Quick Parmesan Pork Schnitzels & Dijon Apple Slaw with Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Apple



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



Eat Me Early*

*Custom Recipe only

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
olive oil*	refer to method	refer to method
apple	1	2
Aussie spice blend	1 medium sachet	1 large sachet
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
Dijon mustard	1 packet	2 packets
white wine vinegar*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small packet	1 medium packet
slaw mix	1 small packet	1 large packet
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)	2330kJ (557Cal)	592kJ (141Cal)
Protein (g)	42.7g	10.8g
Fat, total (g)	25.7g	6.5g
- saturated (g)	5.8g	1.5g
Carbohydrate (g)	36.3g	9.2g
- sugars (g)	14.9g	3.8g
Sodium (mg)	1385mg	352mg
Dietary Fibre (g)	6.4g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2439kJ (583Cal)	582kJ (139Cal)
Protein (g)	49.9g	11.9g
Fat, total (g)	26.2g	6.3g
- saturated (g)	5.9g	1.4g
Carbohydrate (g)	34.6g	8.3g
- sugars (g)	14.6g	3.5g
Sodium (mg)	1065mg	254mg
Dietary Fibre (g)	6.4g	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 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

- Thinly slice **apple**.
- 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 into the **panko mixture**.

Little cooks: Help crumb the pork! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers! Make sure to wash your hands well afterwards.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Crumb as above and set aside on a plate.

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 **apple**, **baby spinach leaves** and **slaw mix**. Toss to coat.

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

Little cooks: Take the lead by tossing the slaw!

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: 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), 3-5 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 apple slaw and **garlic aioli**. Enjoy!

Rate your recipe

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