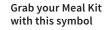


# Quick Parmesan Pork Schnitzels & Dijon Apple Slaw

with Garlic Aioli

KID FRIENDLY











Panko Breadcrumbs

Parmesan Cheese





Pork Schnitzels

Dijon Mustard





Baby Spinach Leaves

Slaw Mix



Garlic Aioli





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

\*Custom Post

\*Custom Recipe only



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!

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

В

## 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

9				
	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		

<sup>\*</sup>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

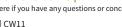
### Allergens

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





## 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.



### 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!



# 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.



## Serve up

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

### Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate