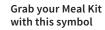


Italian Pork Cotoletta & Tomato-Apple Salad

with Dill-Parsley Mayo & Flaked Almonds

MEDITERRANEAN







Snacking Tomatoes





Garlic & Herb Seasoning



Panko Breadcrumbs



Parmesan Cheese



Pork Schnitzels



Spinach & Rocket



Flaked Almonds



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.

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

| 2 People | 4 People |
|-----------------|--|
| refer to method | refer to method |
| 1 packet | 2 packets |
| 1 | 2 |
| 1 tbs | 2 tbs |
| 1/4 tsp | ½ tsp |
| 1 medium sachet | 1 large sachet |
| 1 | 2 |
| 1 medium packet | 1 large packet |
| 1 medium packet | 1 large packet |
| 1 small packet | 2 small packets OR 1 large packet |
| drizzle | drizzle |
| 1 medium packet | 2 medium packets |
| 1 medium packet | 1 large packet |
| 1 medium packet | 1 large packet |
| 1 medium packet | 1 large packet |
| | refer to method 1 packet 1 1 tbs ½ tsp 1 medium sachet 1 medium packet 1 medium packet 1 small packet drizzle 1 medium packet 1 medium packet 1 medium 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 mixture and crumb pork 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 tomato-apple salad and Italian pork cottoletta between plates.
- Sprinkle over reserved Parmesan cheese. Top salad with **flaked almonds**.
- Serve with dill & parsley mayonnaise. Enjoy!

