



Italian Pork Cotoletta & Tomato-Apple Salad

with Dill-Parsley Mayo & Flaked Almonds

MEDITERRANEAN

Grab your Meal Kit with this symbol



Snacking Tomatoes



Apple



Garlic & Herb Seasoning



Panko Breadcrumbs



Parmesan Cheese



Pork Schnitzels



Spinach & Rocket Mix



Flaked Almonds



Dill & Parsley Mayonnaise



Parmesan Cheese

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.

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
snacking tomatoes	1 packet	2 packets
apple	1	2
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
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.

1



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.

3



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.

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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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