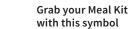


# Classic Pork Parmigiana Sub & Fries with Rocket & Olive Salad

PUB BISTRO









Potato





Passata

Bake-At-Home Ciabatta





Mediterranean Seasoning

Panko Breadcrumbs





Pork Schnitzels

Cheddar Cheese





Kalamata Olives

Spinach, Rocket & Fennel Mix



Prep in: 35-45 mins Ready in: 35-45 mins

This pub classic is getting a Hellofresh twist. We've swapped your classic chicken parmi for a pork parmi and thought that the only way to make it even better, is by adding a kalamata and rocket salad which takes it from zero to hero.

#### **Pantry items**

Olive Oil, Brown Sugar, Butter, Plain Flour, Egg, Vinegar (White Wine or Balsamic)

### 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

Two oven trays lined with baking paper  $\cdot$  Large frying pan

### **Ingredients**

ingi edients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
garlic paste	1 medium packet	2 medium packets	
passata	1 packet	2 packets	
brown sugar*	1 tsp	2 tsp	
butter*	20g	40g	
bake-at-home ciabatta	2	4	
plain flour*	1½ tbs	3 tbs	
Mediterranean seasoning	1 medium sachet	2 medium sachets	
egg*	1	2	
panko breadcrumbs	1 medium packet	2 medium packets	
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet	
Cheddar cheese	1 large packet	2 large packets	
kalamata olives	1 packet	2 packets	
spinach, rocket & fennel mix	1 medium packet	1 large packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
garlic aioli	1 medium packet	1 large packet	
* D			

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4866kJ (1163Cal)	661kJ (158Cal)
Protein (g)	58.5g	7.9g
Fat, total (g)	46.8g	6.4g
- saturated (g)	13.8g	1.9g
Carbohydrate (g)	124.7g	16.9g
- sugars (g)	23.9g	3.2g
Sodium (mg)	3093mg	420mg

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.

## Fancy a beer?

We recommend pairing this meal with Pale Ale or Lager



# Bake the potato fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

**TIP:** If your oven tray is crowded, divide the fries between two trays.



# Make the parmigiana sauce

- Meanwhile, in a large frying pan, heat a drizzle of olive oil over medium heat.
- Add garlic paste and cook until fragrant,
   1 minute.
- Add passata, the brown sugar and butter, stirring, until slightly reduced, 3-4 minutes.
   Season to taste.
- Transfer to a bowl.



# Get prepped

- Meanwhile, slice **bake-at-home ciabatta** in half lengthways.
- In a shallow bowl, combine the plain flour,
   Mediterranean seasoning and a pinch of salt. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Separate **pork schnitzels** to get two per person.
- Dip pork into flour mixture to coat, then into egg and finally in breadcrumbs. Set aside on a plate.



# Cook the schnitzels

- Wash out frying pan and return to high heat with enough **olive oil** to coat the base.
- Cook **pork schnitzel**, in batches, until golden and cooked through, **1-2 minutes** each side.
- Transfer pork to a second lined oven tray. Top and evenly spread each piece of pork with parmigiana sauce, then sprinkle with Cheddar cheese.
- Bake until has cheese melted, 8-10 minutes.



### Toss the salad

- · Meanwhile, toast or grill ciabatta to your liking.
- In a medium bowl, combine kalamata olives, spinach, rocket & fennel mix and a drizzle of the vinegar and olive oil. Season.



## Serve up

- Spread ciabatta with some garlic aioli.
- Top with pork parmigiana and some salad.
- Serve with fries and any remaining salad and aioli. Enjoy!



Scan here if you have any questions or concerns



