HELLO FRESH

Classic Pork Parmigiana Sub & Fries
with Rocket & Olive Salad

PUB BISTRO

Potato	Garlic Paste
Passata	Bake-At-Home Ciabatta
Mediterranean Seasoning	Panko Breadcrumbs
Pork Schnitzels	Cheddar Cheese
Kalamata Olives	Spinach, Rocket & Fennel Mix
Garlic Aioli	

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.

AH

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 · Large frying pan

Ingredients

	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

***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

1

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.*

2

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.

3

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.

4

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**.

5

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.

6

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!