



Pork Parmigiana & Hand-Cut Sweet Potato Fries

with Honey-Mustard Salad

FEEL-GOOD TAKEAWAY

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Passata



Aussie Spice Blend



Panko Breadcrumbs



Pork Schnitzels



Cheddar Cheese



Carrot



Cucumber



Dijon Mustard



Mixed Salad Leaves



Cheddar Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Why not dig into this scrumptious twist on the classic parmi with our tender pork schnitzel, topped with a rich red sauce and gooey melted cheese? Complete with hand-cut sweet potato fries and a bright salad for a refreshing dinner time winner.

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

Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Egg, Honey, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
garlic	1 clove	2 cloves
passata	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	10g	20g
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
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
Cheddar cheese	1 medium packet	1 large packet
carrot	1	2
cucumber	1	2
Dijon mustard	½ medium packet	1 medium packet
honey*	1 tsp	2 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3116kJ (745Cal)	448kJ (107Cal)
Protein (g)	49.2g	7.1g
Fat, total (g)	31.7g	4.6g
- saturated (g)	10.8g	1.6g
Carbohydrate (g)	62.7g	9g
- sugars (g)	17.5g	2.5g
Sodium (mg)	1353mg	195mg
Dietary Fibre (g)	10.3g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3460kJ (827Cal)	484kJ (116Cal)
Protein (g)	54.1g	7.6g
Fat, total (g)	38.7g	5.4g
- saturated (g)	15g	2.1g
Carbohydrate (g)	62.9g	8.8g
- sugars (g)	17.7g	2.5g
Sodium (mg)	1497mg	209mg
Dietary Fibre (g)	10.4g	1.5g

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



Bake the sweet potato fries

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

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

4



Cook the pork

- Wash out frying pan then 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 to a paper towel-lined plate.

2



Make the sauce

- Meanwhile, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **garlic** until fragrant, **1 minute**.
- Stir in **passata**, the **brown sugar** and **butter**. Reduce heat to low and simmer until slightly thickened, **2-3 minutes**. Season. Transfer to a bowl and set aside.

5



Make it cheesy

- Transfer **pork schnitzels** to a second lined oven tray.
- Top and evenly spread each piece of pork with **tomato sauce**, then sprinkle with **Cheddar cheese**.
- Bake until cheese is golden, **8-10 minutes**.
- Meanwhile, grate **carrot**.
- Thinly slice **cucumber** into rounds.
- In a large bowl, combine **Dijon mustard** (see ingredients), the **honey** and a drizzle of **vinegar** and **olive oil**. Add **carrot**, **cucumber** and **mixed salad leaves** to the dressing and toss to coat. Season to taste.

Custom Recipe: If you've doubled your Cheddar cheese, add extra cheese to pork as above.

3



Crumb the pork

- In a shallow bowl, combine **Aussie spice blend** and the **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **pork schnitzel** into **spice mixture** to coat, then into **egg** and finally in **breadcrumbs**. Set aside on a plate.

6



Serve up

- Divide pork parmigiana, hand-cut sweet potato fries and honey-mustard salad between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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