

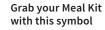
# Pork Parmigiana & Hand-Cut Sweet Potato Fries

with Honey-Mustard Salad

FEEL-GOOD TAKEAWAY

NEW

KID FRIENDLY











Sweet Potato







Passata

**Aussie Spice** Blend





Panko Breadcrumbs

Pork Schnitzels





Carrot

Cheddar Cheese



Cucumber



Dijon Mustard



Mixed Salad Leaves

**Pantry items** 





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.

### 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

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	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

<sup>\*</sup>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	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.



### 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.



# 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.



#### 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.



## 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.



# Make it cheesu

- Transfer pork schnitzels to a second lined oven trav.
- 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.



# Serve up

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



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