



Classic Pork Parmigiana Sub & Olive Salad

with Sweet Potato Fries

PUB BISTRO

Grab your Meal Kit with this symbol



Sweet Potato



Garlic Paste



Diced Tomatoes with Onion & Garlic



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 fennel 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
garlic paste	1 medium packet	2 medium packets
diced tomatoes with onion & garlic	½ medium packet	1 medium packet
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	1 large packet
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
Dietary Fibre (g)	14.1g	1.9g

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

We're here to help!

Scan here if you have any questions or concerns



1



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet 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.

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 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**.

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 **diced tomatoes with onion & garlic (see ingredients)**, the **brown sugar** and the **butter**, stirring, until slightly reduced, **3-4 minutes**. Season to taste. Transfer to a bowl.

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.

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.

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!

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