



# Easy Italian Pork Cotoletta & Tomato Salad

with Dill-Parsley Mayo & Flaked Almonds

MEDITERRANEAN

AIR FRYER FRIENDLY

Grab your Meal Kit with this symbol



Garlic & Herb Seasoning



Panko Breadcrumbs



Parmesan Cheese



Pork Schnitzels



Spinach & Rocket Mix



Snacking Tomatoes



Balsamic Vinaigrette Dressing



Flaked Almonds



Dill & Parsley Mayonnaise



Chicken Breast

Prep in: 15-25 mins  
Ready in: 15-25 mins

Eat Me Early\*  
\*Custom Recipe only

In just 4 easy steps, whip up this pork cotoletta just like Nonna would make! These herby schnitzels crisp up to golden perfection in the pan, which only leaves you with the task of putting together a bright salad to enjoy on the side!

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

### Pantry items

Olive Oil, Plain Flour, Egg

## 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

Air fryer or large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
plain flour*	1 tbs	2 tbs
salt*	¼ tsp	½ tsp
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
spinach & rocket mix	1 medium packet	2 medium packets
snacking tomatoes	1 medium packet	2 medium packets
balsamic vinaigrette dressing	1 medium packet	2 medium packets
flaked almonds	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3034kJ (725Cal)	777kJ (186Cal)
Protein (g)	43.5g	11.1g
Fat, total (g)	47g	12g
- saturated (g)	8.1g	2.1g
Carbohydrate (g)	31.6g	8.1g
- sugars (g)	3.8g	1g
Sodium (mg)	1339mg	343mg
Dietary Fibre (g)	5.8g	1.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3114kJ (744Cal)	749kJ (179Cal)
Protein (g)	50.5g	12.2g
Fat, total (g)	47g	11.3g
- saturated (g)	8g	1.9g
Carbohydrate (g)	29.6g	7.1g
- sugars (g)	3.6g	0.9g
Sodium (mg)	1009mg	243mg
Dietary Fibre (g)	5.5g	1.3g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- In a shallow bowl, combine the **plain flour**, the **salt**, **garlic & herb seasoning** and a pinch of **pepper**. In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, combine **panko breadcrumbs** and **Parmesan cheese** (reserve some Parmesan for garnish!) and a good drizzle of **olive oil**.
- Pull apart **pork schnitzels** so you get 2 per person. Dip **pork** into **flour mixture**, followed by **egg** and finally in **panko breadcrumbs**. Set aside.

**Custom Recipe:** If you've swapped to chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm. Crumb chicken in the same way as the pork schnitzels.



## Toss the salad

- In a large bowl, combine **spinach & rocket mix**, **snacking tomatoes** (slice if preferred) and **balsamic vinaigrette dressing**. Season and toss to combine.



## Cook the pork

- Set air fryer to **200°C**. Place **crumbed pork** into air fryer basket and cook until golden and cooked through, **6-8 minutes**. Cook in batches if needed.

**TIP:** Don't have an air fryer? Heat a large frying pan over 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.

**Custom Recipe:** Heat air fryer as above. Place crumbed chicken into air fryer basket and cook until golden and cooked through, 12-15 minutes. If you don't have an air fryer, heat a large frying pan with enough olive oil to coat the base over medium-high heat. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side.



## Serve up

- Divide cherry tomato salad and Italian pork cotoletta between plates.
- Top salad with remaining Parmesan and **flaked almonds**.
- Serve with **dill & parsley mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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