

Easy Parmesan Pork Cotoletta & Herby Mayo

with Birch & Waite Green Goddess Dressing

MEDITERRANEAN

NEW

AIR FRYER FRIENDLY

Grab your meal kit with this number

35



Garlic & Herb Seasoning



Panko Breadcrumbs



Parmesan Cheese



Pork Schnitzels



Spinach & Rocket Mix



Snacking Tomatoes



Green Goddess Dressing



Flaked Almonds



Dill & Parsley Mayonnaise



Parmesan Cheese



Chicken Breast

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

Protein Rich

Bursting with garden herbs, zesty lemon and garlic, this stellar Green Goddess Dressing transforms a good salad into a spectacular one and pairs perfectly with our golden pork schnitzels. Gluten free*, with no added preservatives, no artificial colours or flavours, you'll never want another salad dressing ever again!

*Birch & Waite Green Goddess Dressing is gluten free, however, please be aware that the rest of the ingredients in this recipe may contain gluten.

Pantry items

Olive Oil, Plain Flour, Egg

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 packet	2 packets
Green Goddess Dressing	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2880kJ (688cal)	387kJ (92cal)
Protein (g)	33.9g	4.6g
Fat, total (g)	46.5g	6.3g
- saturated (g)	8.6g	1.2g
Carbohydrate (g)	32g	4.3g
- sugars (g)	4.3g	0.6g
Sodium (mg)	1236mg	166.1mg
Dietary Fibre (g)	4.7g	0.6g

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.

In collaboration with



Take your salads to the next level with Green Goddess Dressing. Fresh chilled, find it in the fresh produce fridge at Woolworths or Coles.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



Get prepped

- In a shallow bowl, combine the **plain flour**, **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!).
- Pull apart **pork schnitzels** so you get 2 per person. Dip **pork** into the **flour mixture**, followed by the **egg** and finally into the **panko breadcrumbs**. Set aside.



Toss the salad

- In a large bowl, combine **spinach & rocket mix**, **snacking tomatoes** (slice if preferred) and **Birch & Waite Green Goddess Dressing**. Season to taste and toss to combine.



Cook the pork

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

TIP: No 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.



Serve up

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

CUSTOM OPTIONS

+ **DOUBLE PARMESAN CHEESE**
Follow method above.

↻ **SWAP TO CHICKEN BREAST**
Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

