



# Herby Pork Schnitzel & Pea Pod Salad

with Creamy Pesto Dressing

SUMMER SALADS

NEW

Grab your meal kit with this number

14



Mediterranean Seasoning



Panko Breadcrumbs



Pork Schnitzels



Pea Pods



Cucumber



Spinach & Rocket Mix



Creamy Pesto Dressing



Chicken Breast



Parmesan Cheese

Prep in: 20-30 mins  
Ready in: 25-35 mins



Protein Rich



Carb Smart

This bright, green salad is bursting with freshness in every bite. With cucumber, pea pods and spinach and rocket, you'll have a salad base that perfectly complements Mediterranean seasoned pork schnitzel.

### Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine Or Balsamic)



## 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>plain flour*</b>	1 tbs	2 tbs
Mediterranean seasoning	1 sachet	2 sachets
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
pea pods	1 small packet	1 medium packet
cucumber	1	2
spinach & rocket mix	1 medium packet	2 medium packets
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
creamy pesto dressing	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2115kJ (506cal)	282kJ (67cal)
Protein (g)	31.2g	4.2g
Fat, total (g)	27.8g	3.7g
- saturated (g)	4.4g	0.6g
Carbohydrate (g)	30.4g	4.1g
- sugars (g)	5.4g	0.7g
Sodium (mg)	1233mg	164.4mg
Dietary Fibre (g)	4.5g	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## Crumb the pork

- In a shallow bowl, combine the **plain flour** and **Mediterranean seasoning**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs**.
- Dip **pork schnitzels** into the **flour mixture** to coat, followed by the egg, then finally into the **breadcrumbs**. Set aside on a plate.

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## Make the salad

- Meanwhile, trim and halve **pea pods** lengthways.
- Thinly slice **cucumber** into rounds.
- In a large bowl, combine **pea pods**, **cucumber**, **spinach & rocket mix** and a drizzle of **vinegar** and **olive oil**. Season to taste.

2



## Cook the pork

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- Cook **pork schnitzels** in batches, until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Ensure the oil is hot before cooking the pork schnitzels for best results!

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## Serve up

- Slice pork.
- Divide pea pod salad and herby pork schnitzel between plates.
- Drizzle over **creamy pesto dressing** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Slice chicken into steaks and follow crumbing method above, cooking in batches, until golden, 2-4 minutes each side.



#### ADD PARMESAN CHEESE

Sprinkle over before serving.

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

