

Pork Cotoletta & Cherry Tomato Salad

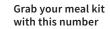
with Dill-Parsley Mayo & Walnuts

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in the pan, which only leaves you with the task of putting together a bright salad to enjoy on the side!

AIR FRYER FRIENDLY









Panko Breadcrumbs





Parmesan Cheese

Pork Schnitzels





Spinach & Rocket

Snacking Tomatoes





Balsamic Vinaigrette Dressing

Walnuts



Dill & Parsley Mayonnaise





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

Pantry items Olive Oil, Plain Flour, Egg In just 4 easy steps, whip up this pork cotoletta just like Nonna would make! These herby schnitzels crisp up to golden perfection

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

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	2 People	4 People
olive oil*	refer to method	refer to method
plain flour*	1 tbs	2 tbs
salt*	1/4 tsp	½ tsp
egg*	1	2
garlic paste	1 packet	2 packets
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
balsamic vinaigrette dressing	1 packet	2 packets
walnuts	½ medium packet	1 medium packet
dill & parsley mayonnaise	1 medium packet	2 medium packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3143kJ (751cal)	723kJ (166cal)
Protein (g)	38g	8.7g
Fat, total (g)	52.7g	12.1g
- saturated (g)	8.5g	2g
Carbohydrate (g)	29.9g	6.9g
- sugars (g)	3.5g	0.8g
Sodium (mg)	1094mg	251.5mg
Dietary Fibre (g)	4.7g	1.1g

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.



Get prepped

- In a shallow bowl, combine the **plain flour**, **salt** and a pinch of **pepper**.
- In a second shallow bowl, whisk the egg and garlic paste.
- 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 balsamic vinaigrette dressing. Season 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.

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 pork cotoletta between plates.
- Top salad with remaining Parmesan and walnuts (see ingredients).
- Serve with dill & parsley mayonnaise. Enjoy!









We're here to help!