

Pork Cotoletta & Homemade Herby Pesto

with Smashed Roast Potatoes & Salad

SKILL UP

Grab your meal kit with this number

42



Potato



Garlic



Tomato



Carrot



Garlic & Herb Seasoning



Panko Breadcrumbs



Pork Schnitzels



Flaked Almonds



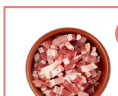
Parsley



Parmesan Cheese



Mixed Salad Leaves



Diced Bacon



Parmesan Cheese

Prep in: 25-35 mins
Ready in: 35-45 mins

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. Learn how to whip up your own herby pesto with ease - its nutty and fresh flavours will pair perfectly over this crumbed pork and smashed roast potatoes.

Pantry items

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

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
tomato	1	2
carrot	1	2
plain flour*	1 tbs	2 tbs
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
flaked almonds	1 medium packet	1 large packet
parsley	1 packet	1 packet
Parmesan cheese	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
butter*	20g	40g
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4209kJ (1005Cal)	693kJ (165Cal)
Protein (g)	46.8g	7.7g
Fat, total (g)	65.8g	10.8g
- saturated (g)	16.7g	2.7g
Carbohydrate (g)	55.8g	9.2g
- sugars (g)	10.3g	1.7g
Sodium (mg)	1101mg	181mg
Dietary Fibre (g)	10g	1.6g

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.

1



Start the potatoes

- Preheat oven to **240°C/220°C**.
- Cut **potato** into bite-sized chunks.
- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until just tender, **18-20 minutes**.

4



Finish the potatoes

- In a small microwave-safe bowl, microwave the **butter** and remaining **garlic** in **10 second** bursts, until melted.
- Lightly crush the **semi-roasted potatoes** on the tray.
- Drizzle with the **melted garlic butter**. Return **potatoes** to oven, then continue roasting until golden, **8-10 minutes**.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Cut **tomato** into thin wedges.
- Using a vegetable peeler, peel **carrot** into ribbons.
- In a shallow bowl, combine the **plain flour** and **garlic & herb seasoning**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **pork schnitzels** first in the **flour mixture**, followed by the **egg**, then finally into the **breadcrumbs**. Set aside on a plate.

5



Cook the pork schnitzels

- When potatoes have **5 minutes** remaining, heat a large frying pan over 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.

3



Make the pesto

- Crush **flaked almonds** and half the **garlic** with a pestle and mortar.
- Tear in **parsley** and pound until combined.
- Add **Parmesan cheese** and pound until your preferred consistency.
- Add **olive oil** (¼ cup for 2 people / ½ cup for 4 people) and a drizzle of **vinegar** and season with **salt** and **pepper**. Set aside.

TIP: If you don't have a pestle and mortar, you can combine ingredients in a food processor or finely chop!

6



Serve up

- In a medium bowl, combine carrot, tomato, **mixed salad leaves** and a drizzle of vinegar and olive oil. Season to taste.
- Divide smashed roast potatoes, pork cotoletta and salad between plates.
- Spoon over homemade herby pesto to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



CUSTOM OPTIONS



ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Sprinkle over salad to serve.



DOUBLE PARMESAN CHEESE

Follow method above.

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

