



Pork Cotoletta & Tomato Salad

with Dill-Parsley Mayo & Flaked Almonds

MEDITERRANEAN

HELLOHERO

AIR FRYER FRIENDLY

Grab your meal kit with this number

20



Garlic Paste



Panko Breadcrumbs



Parmesan Cheese



Pork Schnitzels



Spinach & Rocket Mix



Snacking Tomatoes



Balsamic Vinaigrette Dressing



Walnuts



Dill & Parsley Mayonnaise



Chicken Thigh



Chicken Breast

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

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!

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 |
| 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 | 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) | 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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



1



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.

3



Toss the salad

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

2



Cook the pork

- Set air fryer to **200°C**. Place **crumbed pork** into an 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.

4



Finish & serve

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

CUSTOM OPTIONS



SWAP TO CHICKEN THIGH

Follow crumbing above and cook for 3-5 minutes each side.



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.

