

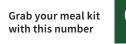
Pork Cotoletta & Tomato Salad

with Dill-Parsley Mayo & Flaked Almonds

MEDITERRANEAN

HELLOHERO

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

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*	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	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.



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 to taste and toss to combine.



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.



Finish & serve

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







