



Pork Cotoletta & Tomato Salad

with Dill-Parsley Mayo & Walnuts

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 & Parsely 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)	3362kJ (803Cal)	772kJ (184Cal)
Protein (g)	49.9g	11.5g
Fat, total (g)	55.4g	12.7g
- saturated (g)	9.5g	2.2g
Carbohydrate (g)	31.3g	7.2g
- sugars (g)	3.7g	0.8g
Sodium (mg)	1298mg	298mg
Dietary Fibre (g)	6.8g	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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW07



1



Get prepped

- In a shallow bowl, combine the **plain flour**, the **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 the 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 the 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 crumbing 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.

