

Easy Italian Pork Cottoletta & Tomato Salad

with Dill-Parsley Mayo & Flaked Almonds

NEW

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Garlic & Herb Seasoning



Panko Breadcrumbs



Shaved Parmesan



Pork Schnitzels



Salad Leaves



Flaked Almonds



Dill & Parsley Mayonnaise





Prep in: 15-25 mins Ready in: 20-30 mins

Eat Me Early*

*Custom Recipe only



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, Balsamic Vinegar

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Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
tomato	1	2		
pear	1	2		
plain flour*	1 tbs	2 tbs		
salt*	1/4 tsp	½ tsp		
garlic & herb seasoning	1 medium sachet	1 large sachet		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)		
pork schnitzels	1 small packet	1 large packet		
balsamic vinegar*	drizzle	drizzle		
salad leaves	1 medium bag	1 large bag		
flaked almonds	1 medium packet	1 large packet		
dill & parsley mayonnaise	1 medium packet	1 large packet		
chicken breast**	1 small packet	1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2657kJ (635Cal)	685kJ (164Cal)
Protein (g)	44g	11.3g
Fat, total (g)	33.6g	8.7g
- saturated (g)	6.3g	1.6g
Carbohydrate (g)	37.2g	9.6g
- sugars (g)	9.9g	2.6g
Sodium (mg)	1308mg	337mg
Dietary Fibre (g)	6.1g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2812kJ (672Cal)	681kJ (163Cal)
Protein (g)	47.9g	11.6g
Fat, total (g)	36.8g	8.9g
- saturated (g)	7.2g	1.7g
Carbohydrate (g)	35.3g	8.5g
- sugars (g)	9.7g	2.3g
Sodium (mg)	1006mg	244mg

The quantities provided above are averages only.

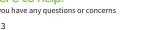
Allergens

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.

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Scan here if you have any questions or concerns





Get prepped

- Slice tomato into wedges. Thinly slice pear.
- In a shallow bowl, combine the plain flour, the salt, garlic & herb seasoning and a pinch of pepper. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs and shaved Parmesan **cheese** (reserve a pinch for garnish!).
- Pull apart **pork schnitzels** so you get 2 per person. Dip **pork** into **flour** mixture, followed by egg and finally in panko breadcrumbs. Set aside.

Custom Recipe: If you've swapped to chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm. Crumb chicken in the same way as the pork schnitzels.



Toss the salad

- In a large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**.
- Top with salad leaves, tomato and pear. Season and toss to combine.



Cook the pork

- In a large frying pan, heat enough **olive oil** to coat the base over high heat.
- Cook **pork schnitzel** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.



Serve up

- · Slice pork schnitzel.
- Divide pear-tomato salad and Italian pork cottoletta between plates.
- Sprinkle over reserved Parmesan cheese. Top with flaked almonds.
- Serve with dill & parsley mayonnaise. Enjoy!

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