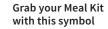


Cheesy Pork Schnitzel & Tomato Rocket Salad

with Mayonnaise

KID FRIENDLY













Panko Breadcrumbs



Shaved Parmesan











Snacking Tomatoes

Dijon Mustard



Spinach, Rocket



Mayonnaise

& Fennel Mix





Prep in: 20-30 mins Ready in: 25-35 mins Eat Me Early*

*Custom Recipe only



Laced with Parmesan for the perfect balance of fresh and rich flavours, you'll be wanting to make every night "schnitty night" once you try this golden, crunchy crumbed pork number. Team it with a crisp and peppery salad for ultimate flavour.

Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

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

| migr careries | | | |
|------------------------------|-----------------|------------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| Aussie spice blend | 1 medium sachet | 1 large sachet | |
| plain flour* | 1 tbs | 2 tbs | |
| egg* | 1 | 2 | |
| panko breadcrumbs | ¾ medium packet | ¾ large packet | |
| shaved Parmesan cheese | 1 packet (26g) | 1 packet (52g) | |
| pork schnitzels | 1 small packet | 1 large packet | |
| snacking tomatoes | 1 punnet | 2 punnets | |
| Dijon mustard | 1 packet | 2 packets | |
| white wine vinegar* | 1 tsp | 2 tsp | |
| spinach, rocket & fennel mix | 1 medium bag | 1 large bag | |
| mayonnaise | 1 medium packet | 2 medium packets | |
| chicken breast** | 1 small packet | 1 large packet | |
| | | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Per Serving | Per 100g |
|-----------------|---|
| 2177kJ (520Cal) | 585kJ (140Cal) |
| 42.3g | 11.4g |
| 25.9g | 7g |
| 5.8g | 1.6g |
| 28.1g | 7.5g |
| 4.7g | 1.3g |
| 1360mg | 365mg |
| | 42.3g 25.9g 5.8g 28.1g 4.7g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2333kJ (558Cal) | 587kJ (140Cal) |
| Protein (g) | 46.2g | 11.6g |
| Fat, total (g) | 29.1g | 7.3g |
| - saturated (g) | 6.7g | 1.7g |
| Carbohydrate (g) | 26.2g | 6.6g |
| - sugars (g) | 4.5g | 1.1g |
| Sodium (mg) | 1058mg | 266mg |
| Dietary Fibre (g) | 4.8g | 1.2g |

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





Get prepped

- In a shallow bowl, combine Aussie spice blend, the plain flour and a good pinch of salt and pepper. In a second shallow bowl, whisk the egg. In a third shallow bowl, combine panko breadcrumbs (see ingredients) and shaved Parmesan cheese.
- Pull apart pork schnitzels (they may be stuck together), then dip into the flour mixture to coat, then into the egg, and finally in panko mixture.
 Transfer to a plate.

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



Prep the salad

- Halve snacking tomatoes.
- In a large bowl, combine Dijon mustard, the white wine vinegar and a drizzle of olive oil. Season with salt and pepper.
- Add tomatoes and spinach, rocket & fennel mix. Toss to coat.

TIP: Use less Dijon mustard if you're not a fan!



Cook the pork

In a large frying pan, heat enough olive oil to coat the base over high heat.
 When oil is hot, cook pork until golden on the outside 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: Heat frying pan over medium-high heat with enough olive oil to coat the base. When oil is hot, cook chicken until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.



Serve up

- Divide Parmesan pork schnitzels between plates.
- Serve with tomato rocket salad and mayonnaise. Enjoy!