



Cheesy Pork Schnitzel & Tomato Rocket Salad with Mayonnaise

KID FRIENDLY

Grab your Meal Kit with this symbol



Aussie Spice Blend



Panko Breadcrumbs



Shaved Parmesan Cheese



Pork Schnitzels



Snacking Tomatoes



Dijon Mustard



Spinach, Rocket & Fennel Mix



Mayonnaise



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2177kJ (520Cal)	585kJ (140Cal)
Protein (g)	42.3g	11.4g
Fat, total (g)	25.9g	7g
- saturated (g)	5.8g	1.6g
Carbohydrate (g)	28.1g	7.5g
- sugars (g)	4.7g	1.3g
Sodium (mg)	1360mg	365mg

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



1



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.

3



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!

2



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.

4



Serve up

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

Rate your recipe

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