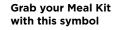


Parsley & Parmesan Crumbed Pork

with Apple & Carrot Slaw













Aussie Spice Blend

Breadcrumbs





Grated Parmesan Cheese

Pork Schnitzel





Dijon Mustard



Smokey Aioli





Calorie Smart

Olive Oil, Plain Flour, Egg, White Wine Vinegar, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

g. calciles		
	2 People	4 People
olive oil*	refer to method	refer to method
parsley	1 bag	1 bag
apple	1	2
Aussie spice blend	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	¾ packet	1½ packets
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
pork schnitzel	1 packet	1 packet
Dijon mustard	1 tub (15g)	2 tubs (30g)
white wine vinegar*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
slaw mix	1 bag (200g)	1 bag (400g)
smokey aioli	1 packet (50g)	1 packet (100g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2718kJ (649Cal)	652kJ (155Cal)
Protein (g)	51.7g	12.4g
Fat, total (g)	34g	8.2g
- saturated (g)	7g	1.7g
Carbohydrate (g)	33.2g	8g
- sugars (g)	13.9g	3.3g
Sodium (mg)	1201mg	288mg

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.



1. Get prepped

Roughly chop the **parsley**. Slice the **apple** into thin matchsticks.



2. Prep the crumbing station

In a shallow bowl, combine the Aussie spice blend, plain flour, the salt and a good pinch of pepper. In a second shallow bowl, whisk the egg. In a third shallow bowl, combine the panko breadcrumbs (see ingredients list), grated Parmesan cheese and parsley.



3. Crumb the pork

Pull apart the **pork schnitzels** (there will be about 2 per person) and dip into the **flour mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Set aside on a plate, ready to fry.



4. Fry the pork

Add enough **olive oil** to cover the base of a large frying pan and heat over a high heat. When the oil is hot, add the **crumbed pork** and cook until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

TIP: If your pan is getting crowded, cook in batches for the best result, adding more oil as needed.



5. Make the slaw

In a large bowl, combine the **Dijon mustard**, white wine vinegar, brown sugar and olive oil (2 tsp for 2 people / 1 tbs for 4 people). Season with salt and pepper and mix well. Add the apple and slaw mix to the dressing and toss to coat.

TIP: Use less Dijon if you are not a fan!



6. Serve up

Divide the parsley and Parmesan pork schnitzels and apple slaw between plates. Serve with a dollop of **smokey aioli**.

Enjoy!