

# Parsley & Parmesan Crumbed Pork

## with Apple & Carrot Slaw

Grab your Meal Kit with this symbol



Parsley



Apple



Aussie Spice Blend



Panko Breadcrumbs



Grated Parmesan Cheese



Pork Schnitzel



Dijon Mustard




Slaw Mix



Smokey Aioli

 Hands-on: **10-20** mins  
Ready in: **20-30** mins

 Calorie Smart

This golden and crunchy crumbed pork will steal the show at dinnertime. Served with a refreshing slaw and our moreish smokey aioli, you'll be wanting to make every night "schnitty night"!

### Pantry items

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

	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](https://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.



### 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.



### 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**.



### 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!



### 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.



### 6. Serve up

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

**Enjoy!**