



Quick Parsley & Parmesan Crumbed Pork with Apple Slaw

Grab your Meal Kit
with this symbol



Parsley



Apple



Sweet Mustard
Spice Blend



Panko Breadcrumbs



Grated Parmesan
Cheese



Pork Schnitzels



Dijon Mustard



Slaw Mix



Smokey Aioli

Hands-on: **20-30 mins**
 Ready in: **25-35 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
sweet mustard spice blend	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	¾ medium packet	¾ large packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
pork schnitzels	1 packet	1 packet
Dijon mustard	1 packet (15g)	2 packets (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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2675kJ (639Cal)	645kJ (154Cal)
Protein (g)	51.3g	12.4g
Fat, total (g)	33.9g	8.2g
- saturated (g)	6.9g	1.7g
Carbohydrate (g)	31.6g	7.6g
- sugars (g)	13.7g	3.3g
Sodium (mg)	1016mg	245mg

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.

1



Get prepped

- Roughly chop the **parsley**. Slice the **apple** into thin matchsticks.
- In a shallow bowl, combine the **sweet mustard 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), **grated Parmesan cheese** and **parsley**.

3



Make the apple slaw

- In a large bowl, combine the **Dijon mustard**, **white wine vinegar**, **brown sugar** and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- Add the **apple** and **slaw mix** and toss to coat.

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

2



Cook the pork

- Pull apart the **pork schnitzels** (they may be stuck together) and dip into the **flour mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.
- Heat a large frying pan over a high heat with enough **olive oil** to coat the base of the pan.
- When the oil is hot, cook the **pork schnitzel** until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

4



Serve up

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

Enjoy!