



Pork Schnitzel & Pear-Parmesan Salad

with Mustard Mayo & Mint

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Pear



Mint



Panko Breadcrumbs



Mixed Salad Leaves



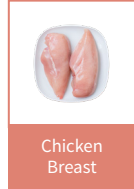
Pork Schnitzels



Shaved Parmesan Cheese



Mustard Mayo



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins

Carb Smart

Eat Me Early*

**Custom Recipe only*

All the classic flavours in this German-inspired dish play off against each other in the most delightful way. The sweetness of the honey and pear against sharp Parmesan and crumbed pork is just lovely!

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

Pantry items

Olive Oil, Plain Flour, Egg, Honey, Vinegar (White Wine or Red Wine)

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
carrot	1	2
pear	1	2
mint	1 bag	1 bag
plain flour*	2 tbs	¼ cup
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 small packet	1 large packet
honey*	1 tsp	2 tsp
vinegar* (white wine or red wine)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
mustard mayo	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)	2389kJ (571Cal)	573kJ (137Cal)
Protein (g)	45g	10.8g
Fat, total (g)	24.8g	5.9g
- saturated (g)	6g	1.4g
Carbohydrate (g)	38.9g	9.3g
- sugars (g)	14.9g	3.6g
Sodium (mg)	1998mg	479mg
Dietary Fibre (g)	7.7g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2511kJ (600Cal)	568kJ (136Cal)
Protein (g)	46.8g	10.6g
Fat, total (g)	27.4g	6.2g
- saturated (g)	6.7g	1.5g
Carbohydrate (g)	38.9g	8.8g
- sugars (g)	14.9g	3.4g
Sodium (mg)	1573mg	356mg
Dietary Fibre (g)	7.9g	1.8g

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



2023 | CW02



1 Get prepped

- Grate **carrot**.
- Thinly slice **pear** into wedges.
- Pick and thinly slice **mint** leaves.

Little cooks: Older kids can help grate the carrot under adult supervision.



4 Cook the pork

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

TIP: Add extra oil between batches if necessary.

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook crumbed chicken in batches until golden and cooked through (when it's no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.



2 Set up the crumbing station

- In a shallow bowl, combine the **plain flour** and the **salt**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs**.



5 Make the salad

- While the pork is cooking, combine the **honey** with a drizzle of **olive oil** and **vinegar** in a medium bowl.
- Season, then add **mixed salad leaves**, **carrot**, **pear**, **shaved Parmesan cheese** and **mint**. Toss to coat.

Little cooks: Help combine the dressing and toss the salad!



3 Crumb the pork

- Pull apart **pork schnitzels** so you get two per person.
- Dip **pork** into **flour mixture** to coat, then into the **egg**, and finally in the **breadcrumbs**.
- Transfer to a plate.

Custom Recipe: If you've swapped to chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm. Crumb chicken as above.



6 Serve up

- Slice pork schnitzel.
- Divide pork schnitzel and pear-Parmesan salad between plates.
- Serve with **mustard mayo**. Enjoy!

Rate your recipe

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