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Pork Schnitzels with Crunchy Parmesan Slaw

Here at HelloFresh, we're all for turning Arnold Schwarzenegger's favourite food into a healthy home cooked delight. Crispy pork schnitzel fits the bill, and we've paired it with a fresh crunchy cabbage and Parmesan slaw that's dressed to impress.



Prep: 15 mins

Cook: 20 mins

Total: 35 mins



level 1



nut free



high protein

Pantry Items



Olive Oil



White Wine Vinegar



Plain Flour



Milk



Vegetable Oil



White Cabbage



Parmesan Cheese



Lemon



Panko Breadcrumbs



Parsley



Pork Schnitzels






Snow Peas

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2P	4P	Ingredients
3 cups	6 cups	finely shredded white cabbage 
1 block	2 blocks	Parmesan cheese, grated
2 tbs	4 tbs	olive oil *
½	1	lemon, zested & cut into wedges 
1 tbs	2 tbs	white wine vinegar *
2 tbs	4 tbs	plain flour *
¼ cup	½ cup	milk *
1 packet	2 packets	panko breadcrumbs 
½ bunch	1 bunch	parsley, finely chopped 
4 fillets	8 fillets	pork schnitzel
¼ cup	½ cup	vegetable oil *
100 g	200 g	snow peas, trimmed

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3030	Kj
Protein	52.6	g
Fat, total	39.6	g
-saturated	9.6	g
Carbohydrate	34.1	g
-sugars	9.4	g
Sodium	452	mg



You will need: *chef's knife, chopping board, box grater, large bowl, small bowl or jug, whisk, shallow bowl, two medium sized bowls, two plates, medium frying pan, paper towel and small saucepan.*

1 Massage the **white cabbage** with your fingers in a large bowl to soften slightly and then stir in the **Parmesan cheese**. In a small bowl or jug whisk the **olive oil**, juice of one **lemon wedge**, **white wine vinegar** and **salt and pepper**. Pour the dressing through the cabbage slaw and set aside.



2 Now it's time to set up your crumbing station. Place the **plain flour** in a shallow bowl, the **milk** in one medium bowl and the **panko breadcrumbs**, **lemon zest** and the **parsley** in the second medium bowl. Season the pork schnitzels with salt and pepper then dip in the flour, followed by the milk and finally coat in the breadcrumb mixture. Place on a plate until ready to fry.



3 Heat the **vegetable oil** in a medium frying pan over a medium-high heat. Add the schnitzels and cook for **1-2 minutes** on each side, or until golden and cooked through. Transfer to a paper towel lined plate to drain.

4 Meanwhile, bring a small saucepan of water to the boil. Add the **snow peas** and blanch for **2 minutes** or until just tender. Drain.



5 To serve, divide the cabbage slaw, schnitzels and snow peas between plates. Serve with the remaining lemon wedges.

Did you know? The world's largest cabbage dish consisted of 80,191 cabbage rolls (known as sarmas) which weighed in at a massive 544 kg.