



Quick Parsley & Parmesan Pork Schnitzels

with Apple Slaw & Smokey Aioli

Grab your Meal Kit with this symbol



Parsley



Apple



Aussie Spice Blend



Panko Breadcrumbs



Grated Parmesan Cheese



Pork Schnitzels



Dijon Mustard



Slaw Mix



Smokey Aioli



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins



Eat Me Early*

*Custom Recipe only



Carb Smart

Laced with parsley and Parmesan for the perfect balance of fresh and rich flavours, you'll be wanting to make every night "schnitty night" once you try this golden, crunchy crumbed pork number. Team with a slightly sweet and tangy slaw.

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

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 medium sachet | 1 large sachet |
| plain flour* | 1 tbs | 2 tbs |
| egg* | 1 | 2 |
| panko breadcrumbs | ¾ medium packet | ¾ large packet |
| grated Parmesan cheese | 1 packet (30g) | 2 packets (60g) |
| pork schnitzels | 1 small packet | 1 large packet |
| Dijon mustard | 1 packet | 2 packets |
| white wine vinegar* | 1 tsp | 2 tsp |
| brown sugar* | 1 tsp | 2 tsp |
| slaw mix | 1 medium bag | 1 extra large bag |
| smokey aioli | 1 medium packet | 1 large packet |
| chicken breast** | 1 small packet | 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2568kJ (613Cal) | 619kJ (147Cal) |
| Protein (g) | 49g | 11.8g |
| Fat, total (g) | 30.3g | 7.3g |
| - saturated (g) | 7.4g | 1.8g |
| Carbohydrate (g) | 33.6g | 8.1g |
| - sugars (g) | 14.4g | 3.5g |
| Sodium (mg) | 1062mg | 256mg |
| Dietary Fibre (g) | 7g | 1.7g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2478kJ (592Cal) | 576kJ (137Cal) |
| Protein (g) | 47.2g | 11g |
| Fat, total (g) | 28.7g | 6.7g |
| - saturated (g) | 6.6g | 1.5g |
| Carbohydrate (g) | 33.7g | 7.8g |
| - sugars (g) | 14.6g | 3.4g |
| Sodium (mg) | 1068mg | 248mg |
| Dietary Fibre (g) | 7.2g | 1.7g |

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

2022 | CW34



Get prepped

- Roughly chop **parsley** leaves. Slice **apple** into thin sticks.
- In a shallow bowl, combine **Aussie spice blend**, the **plain flour** and a good pinch of **salt** and **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** (see ingredients), **grated Parmesan cheese** and **parsley**.

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



Make the slaw

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

TIP: Use less Dijon mustard if you're not a fan!

Little cooks: Lend a hand by combining the ingredients for the dressing and tossing the slaw.



Crumb & cook the pork

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

Little cooks: Help crumb the pork! Use one hand for wet ingredients and the other for dry so you don't get sticky fingers. Make sure to wash your hands well afterwards.

Custom Recipe: Crumb the chicken the same way as above. Heat frying pan over medium-high heat with enough olive oil to coat the base. When oil is hot, cook chicken until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.



Serve up

- Divide parsley and Parmesan pork schnitzels between plates.
- Serve with apple slaw and **smokey aioli**. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate