

Parmesan Pork Schnitzels

with Cucumber Slaw & Smokey Aioli **KID FRIENDLY**





Aussie Spice

Blend

Shaved Parmesan

Pork Schnitzels



Dijon Mustard

Slaw Mix

Smokey Aioli





Pantry items Olive Oil, Plain Flour, Egg, White Wine Vinegar, Brown Sugar

Prep in: 20-30 mins Ready in: 25-35 mins Eat Me Early* *Custom Recipe only

Carb Smart

Laced with 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.

Μ4

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
cucumber	1	2
Aussie spice blend	1 medium sachet	2 medium sachets
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	¾ medium packet	¾ large packet
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
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)	2278kJ (544Cal)	531kJ (126Cal)
Protein (g)	42.8g	10g
Fat, total (g)	26g	6.1g
- saturated (g)	5.8g	1.4g
Carbohydrate (g)	32.3g	7.5g
- sugars (g)	10.9g	2.5g
Sodium (mg)	1368mg	319mg
Dietary Fibre (g)	6.2g	1.4g
Custom Recipe		

Per Serving	Per 100g
2478kJ (592Cal)	576kJ (137Cal)
47.2g	11g
28.7g	6.7g
6.6g	1.5g
33.7g	7.8g
14.6g	3.4g
1068mg	248mg
7.2g	1.7g
	2478kJ (592Cal) 47.2g 28.7g 6.6g 33.7g 14.6g 1068mg

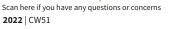
The quantities provided above are averages only.

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!





Get prepped

- Thinly slice cucumber into half-moons.
- 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 the **panko breadcrumbs** (see ingredients) and **shaved Parmesan cheese**.
- Pull apart **pork schnitzels** (they may be stuck together), then dip into the **flour mixture** to coat, then into the **egg**, and finally in **panko mixture**. Transfer to a plate.

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. Crumb chicken as above. Transfer to a plate.



Cook the pork

 In a large frying pan, heat enough olive oil to coat the base over high heat. When oil is hot, cook pork until golden on the outside 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: 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.



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 cucumber 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.



Serve up

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

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate