



Parmesan Pork Schnitzels

with Cucumber Slaw & Smokey Aioli

KID FRIENDLY



Grab your Meal Kit with this symbol



Cucumber



Aussie Spice Blend



Panko Breadcrumbs



Shaved Parmesan Cheese



Pork Schnitzels



Dijon Mustard



Slaw Mix



Smokey Aioli



Chicken Breast

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

Carb Smart

Eat Me Early*
*Custom Recipe only

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.

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
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

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!

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2022 | CW51



1



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.

3



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.

2



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.

4



Serve up

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

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