



Quick Parmesan Pork Schnitzels

with Apple Slaw & Smokey Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Apple



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

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 apple against sharp Parmesan and crunchy coated 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, White Wine Vinegar, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
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
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 small bag	1 large bag
smokey aioli	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)	2286kJ (546Cal)	500kJ (120Cal)
Protein (g)	38.2g	8.3g
Fat, total (g)	10g	2.2g
- saturated (g)	2g	0.4g
Carbohydrate (g)	73.2g	16g
- sugars (g)	65.5g	14.3g
Sodium (mg)	1899mg	415mg
Dietary Fibre (g)	6g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2478kJ (592Cal)	614kJ (147Cal)
Protein (g)	46.1g	11.4g
Fat, total (g)	29g	7.2g
- saturated (g)	6.7g	1.7g
Carbohydrate (g)	34.5g	8.5g
- sugars (g)	14.5g	3.6g
Sodium (mg)	1069mg	265mg
Dietary Fibre (g)	6.2g	1.5g

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



1



Get prepped

- 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) 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 into the **panko mixture**. Transfer to a plate.

Custom Recipe: If you've swapped to chicken breast, place each chicken between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm. Crumb the chicken breast in the same way as the pork schnitzel.

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 **apple** and **slaw mix** and toss to coat.

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

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.

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 apple slaw and **smokey aioli**. Enjoy!

Rate your recipe

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