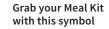


# Parmesan Pork Schnitzels & Capsicum Relish

with Radish Slaw

KID FRIENDLY









**Grated Parmesan** Cheese



Tuscan Herb Seasoning





Panko Breadcrumbs

Pork Schnitzels





Radish

Shredded Cabbage



Chargrilled Capsicum Relish





Prep in: 15-25 mins Ready in: 25-35 mins

**Carb Smart** 

There's a way to jazz up any pork schnitzel and that's a sprinkling of cheese. Add sharp Parmesan to the crumb so you don't miss out on any flavour. If you're feeling like going the extra mile, try dipping these schnitzels in a smokey capsicum relish.

**Pantry items** 

Olive Oil, Plain Flour, Egg, Honey, White Wine Vinegar

# 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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
plain flour*	2 tbs	½ cup	
salt*	1/4 tsp	½ tsp	
egg*	1	2	
grated Parmesan cheese	1 medium packet	1 large packet	
Tuscan herb seasoning	1 sachet	2 sachets	
panko breadcrumbs	1 medium packet	1 large packet	
pork schnitzels	1 packet	1 packet	
radish	1	2	
honey*	1 tsp	2 tsp	
white wine vinegar*	drizzle	drizzle	
shredded cabbage mix	1 bag (150g)	1 bag (300g)	
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)	
chicken breast**	1 packet	1 packet	

\*Pantry Items \*\*Custom Recipe Ingredient

# Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2054kJ (491Cal)	616kJ (147Cal)
Protein (g)	42.8g	12.8g
Fat, total (g)	21.2g	6.4g
- saturated (g)	7.9g	2.4g
Carbohydrate (g)	30.4g	9.1g
- sugars (g)	7.7g	2.3g
Sodium (mg)	1400mg	420mg
Dietary Fibre (g)	5.5g	1.6g
Custom Recipe		

#### Avg Qty Per Serving Per 100g Energy (kJ) 1825kJ (436Cal) 516kJ (123Cal) 46.8g 13.2g Protein (g) Fat, total (g) 13.4g 3.8g saturated (g) 4.7g 1.3g Carbohydrate (g) 31.2g 8.8g 7.7g - sugars (g) 2.2g Sodium (mg) 1425mg 403mg Dietary fibre 5.5g 1.6g

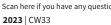
The quantities provided above are averages only.

# Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/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





### Crumb the schnitzels

- In a shallow bowl, combine the **plain flour** and **salt**. In a second shallow bowl, whisk the egg. In a third shallow bowl, combine grated Parmesan cheese, Tuscan herb seasoning and panko breadcrumbs.
- Pull apart pork schnitzels so you get 2 per person.
- Coat pork first in the flour, followed by the egg and finally the breadcrumb mixture. Transfer to a plate.

**Little cooks:** Help crumb the pork! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers.

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



#### Make the slaw

- Meanwhile, thinly slice radish.
- In a large bowl, combine the honey and a drizzle of white wine vinegar and olive oil.
- Add **shredded cabbage mix** and **radish**. Season and toss to coat.

**Little cooks:** Take the lead by combining the ingredients for the slaw!



#### Cook the schnitzels

- Heat a large frying pan over high heat with enough **olive oil** to coat the base. Cook **pork schnitzels** in batches, until golden and cooked through, 1-2 minutes each side.
- Transfer to a paper towel-lined plate.

**TIP:** Ensure the oil is hot before cooking the pork schnitzels for best results.

Custom Recipe: Heat the pan and oil as above. Cook crumbed chicken in batches until golden and cooked through, 2-4 minutes each side. Transfer to a paper towel-lined plate.



# Serve up

- Divide Parmesan pork schnitzels and radish slaw between plates.
- Serve with **chargrilled capsicum relish**. Enjoy!

# Rate your recipe

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

