



Parmesan Pork Schnitzels & Capsicum Relish

with Radish Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Grated Parmesan Cheese



Tuscan Herb Seasoning



Panko Breadcrumbs



Pork Schnitzels



Radish



Shredded Cabbage Mix



Chargrilled Capsicum Relish



Chicken Breast

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

Carb Smart

Eat Me Early*
*Custom Recipe only

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 smoky capsicum relish.

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
plain flour*	2 tbs	¼ cup
salt*	¼ 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)
Protein (g)	46.8g	13.2g
Fat, total (g)	13.4g	3.8g
- saturated (g)	4.7g	1.3g
Carbohydrate (g)	31.2g	8.8g
- sugars (g)	7.7g	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

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1



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.

3



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!

2



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.

4



Serve up

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

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