

# Easy Parmesan Pork Schnitzels with Radish Slaw & Capsicum Relish

NEW **KID FRIENDLY** 







Pantry items

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



AD

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

## 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
refer to method	refer to method
2 tbs	¼ cup
1⁄4 tsp	½ tsp
1	2
1 medium packet	1 large packet
1 sachet	2 sachets
¾ medium packet	¾ large packet
1 packet	2 small packets OR 1 large packet
1	2
1 tsp	2 tsp
drizzle	drizzle
<b>1 bag</b> (150g)	<b>1 bag</b> (300g)
1 packet (50g)	<b>1 packet</b> (100g)
1 small packet	2 small packets OR 1 large packet
	refer to method 2 tbs 1/4 tsp 1 1 medium packet 1 sachet 3/4 medium packet 1 packet 1 tsp drizzle 1 bag (150g) 1 packet (50g)

#### \*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2058kJ (492Cal)	608kJ (145Cal)
Protein (g)	42.8g	12.6g
Fat, total (g)	21.2g	6.3g
- saturated (g)	7.9g	2.3g
Carbohydrate (g)	30.4g	9g
- sugars (g)	7.7g	2.3g
Sodium (mg)	1400mg	413mg
Dietary Fibre (g)	5.5g	1.6g
Out the Destate		

#### Custom Recipe

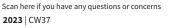
Avg Qty	Per Serving	Per 100g
Energy (kJ)	1828kJ (437Cal)	510kJ (122Cal)
Protein (g)	46.8g	13.1g
Fat, total (g)	13.4g	3.7g
- saturated (g)	4.7g	1.3g
Carbohydrate (g)	31.2g	8.7g
- sugars (g)	7.7g	2.1g
Sodium (mg)	1425mg	397mg
Dietary fibre	7.9g	1.9g

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!





## 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 (see ingredients)**.
- 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 salad

- 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 salad!



## 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