



Easy Parmesan Pork Schnitzels

with Radish Slaw & Capsicum Relish

NEW

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

It's that time of the week, schnitty night! We've been looking forward to showing off this one. A sharp cheesy crumb coats and cooks on the pork to transform it into the ultimate pork schnitzel, especially when you include a dollop of chargrilled capsicum relish for a sweet-smokey finish.

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 | ¾ medium packet | ¾ large packet |
| pork schnitzels | 1 packet | 2 small packets OR 1 large 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 small packet | 2 small packets OR 1 large packet |

*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 |

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!

Scan here if you have any questions or concerns

2023 | CW37



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** (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.

3



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!

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!

Rate your recipe

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