



Quick Parmesan Pork Schnitzels & Smokey Aioli

with Cherry Tomato Garden Salad & Dijon Dressing

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Aussie Spice Blend



Panko Breadcrumbs



Grated Parmesan Cheese



Pork Schnitzels



Cherry Tomatoes



Dijon Mustard



Mixed Salad Leaves



Smokey Aioli



Chicken Breast

Prep in: 20-30 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 tender pork to transform it into the ultimate schnitzel. Add a dollop of smokey aioli for a flavourful finish.

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

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
Aussie spice blend	1 medium sachet	1 large sachet
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
cherry tomatoes	1 medium packet	1 large packet
dijon mustard	1 medium packet	2 medium packets
white wine vinegar*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
smokey aioli	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2614kJ (625Cal)	743kJ (178Cal)
Protein (g)	43g	12.2g
Fat, total (g)	35.9g	10.2g
- saturated (g)	9.5g	2.7g
Carbohydrate (g)	31.7g	9g
- sugars (g)	5g	1.4g
Sodium (mg)	1121mg	319mg
Dietary Fibre (g)	4.1g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2411kJ (576Cal)	619kJ (148Cal)
Protein (g)	52.9g	13.6g
Fat, total (g)	26.1g	6.7g
- saturated (g)	5.7g	1.5g
Carbohydrate (g)	32.7g	8.4g
- sugars (g)	5.1g	1.3g
Sodium (mg)	1181mg	303mg
Dietary fibre	4.1g	1.1g

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



2024 | CW20



Crumb the pork

- 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** and **grated Parmesan cheese**.
- Pull apart **pork schnitzels** (they may be stuck together).
- Coat **pork** first in the **flour mixture**, then into the **egg** and finally in **panko mixture**. Transfer to a plate.

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



Cook the pork schnitzel

- Heat a large frying pan over high heat with enough **olive oil** to coat the base. 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.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan.

Custom Recipe: Heat pan over medium-high heat with enough olive oil to cover the base. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a plate lined with paper towel.

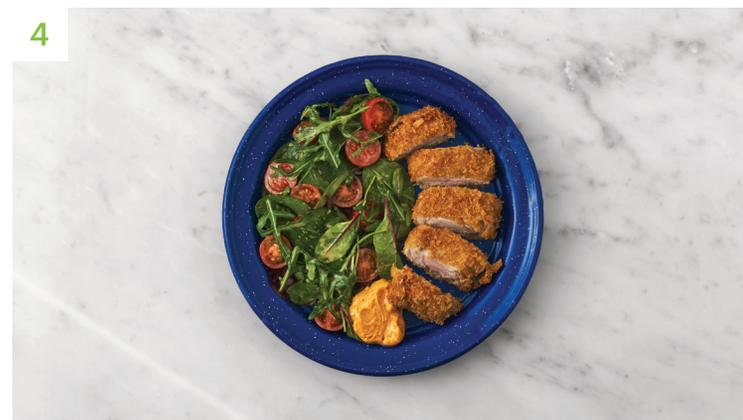


Make the salad

- Meanwhile, halve **cherry tomatoes**.
- In a large bowl, combine **dijon mustard**, the **white wine vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- Add **cherry tomatoes** and **mixed salad leaves**. Toss to coat.

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

Little cooks: Take the lead and help toss the salad!



Serve up

- Slice pork schnitzels.
- Divide Parmesan pork schnitzels between plates.
- Serve with cherry tomato garden salad and **smokey aioli**. Enjoy!

Rate your recipe

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