



Parmesan Pork Schnitzel & Mustard Sauce

with Herby Potatoes & Cucumber Cos Salad

FAST & FANCY

Grab your meal kit with this number

37



Potato



Dill & Parsley Mayonnaise



Garlic & Herb Seasoning



Grated Parmesan Cheese



Panko Breadcrumbs



Pork Schnitzels



Dijon Mustard



Cream



Shredded Cheddar Cheese



Cucumber



Radish



Cos Lettuce



Balsamic & Olive Oil Dressing



Parsley

Prep in: 20-30 mins
Ready in: 20-30 mins

It's that time of the week, schnitty night! We've been looking forward to showing off this one. A cheesy crumb coats and cooks onto pork to transform it into the ultimate pork schnitzel, especially when drizzled in a creamy mustard sauce.

Pantry items

Olive Oil, Egg

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
dill & parsley mayonnaise	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
grated Parmesan cheese	1 medium packet	1 large packet
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
dijon mustard	1 medium packet	1 large packet
cream	½ packet	1 packet
shredded Cheddar cheese	1 medium packet	1 large packet
water*	¼ cup	½ cup
cucumber	1 (medium)	1 (large)
radish	1	2
cos lettuce	1 head	2 heads
balsamic & olive oil dressing	1 medium packet	2 medium packets
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5134kJ (1227Cal)	663kJ (158Cal)
Protein (g)	52.3g	6.8g
Fat, total (g)	84.4g	10.9g
- saturated (g)	42.7g	5.5g
Carbohydrate (g)	68.3g	8.8g
- sugars (g)	28.8g	3.7g
Sodium (mg)	1281mg	165mg
Dietary Fibre (g)	7g	0.9g

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

2024 | CW30



1



Make the herby potatoes

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**. Cut **potato** into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to saucepan.
- Add **dill & parsley mayonnaise** and stir to combine. Season with **salt** and **pepper**.

TIP: Add a splash of water if the potato looks dry!

3



Make the sauce & toss the salad

- Wipe out frying pan and return to medium heat with a drizzle of **olive oil**. Cook **dijon mustard, cream (see ingredients), shredded Cheddar cheese** and the **water** and cook, stirring, until warmed through, **1 minute**. Season with **pepper**.
- Thinly slice **cucumber** into half-moons. Thinly slice **radish**. Roughly chop **cos lettuce**.
- In a medium bowl, combine **cos, radish, cucumber** and **balsamic & olive oil dressing**. Tear in **parsley** and season to taste.

2



Make the schnitzel

- Meanwhile, in a shallow bowl, whisk **garlic & herb seasoning**, a pinch of **salt** and the **egg** until combined. In a second shallow bowl, place **grated Parmesan cheese** and **panko breadcrumbs**.
- Dip **pork schnitzels** into the **egg mixture**, then the **Parmesan-panko breadcrumbs**. Set aside on a plate.
- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- When oil is hot, cook **pork schnitzel** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a paper towel-lined plate.

4



Serve up

- Divide herby potatoes, cucumber cos salad and Parmesan pork schnitzel between plates.
- Pour mustard sauce over pork to serve. Enjoy!

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