



Quick Italian Pork Parmigiana

with Carrot Ribbon & Apple Salad

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

32



Panko Breadcrumbs



Nan's Special Seasoning



Pork Schnitzels



Garlic



Tomato Sugo



Shredded Cheddar Cheese



Carrot



Apple



Mixed Salad Leaves



Chicken Breast



Cheddar Cheese

Prep in: 20-30 mins
Ready in: 25-35 mins

Protein Rich

Who doesn't love a good parmigiana? Baked in a thick gooey layer of Cheddar cheese, this tomato coated and golden crumbed pork will definitely be the star of the evening. Take it to new levels by swapping out your usual side of fries with a fresh and crunchy salad.

Pantry items

Olive Oil, Plain Flour, Egg, Brown Sugar, Butter, Balsamic Vinegar

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

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
pork schnitzels	1 medium packet	2 medium packets OR 1 large packet
garlic	2 cloves	4 cloves
tomato sugo	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
shredded Cheddar cheese	1 medium packet	1 large packet
carrot	1	2
apple	1	2
mixed salad leaves	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2907kJ (695cal)	303kJ (73cal)
Protein (g)	45.5g	4.7g
Fat, total (g)	36.6g	3.8g
- saturated (g)	16.3g	1.7g
Carbohydrate (g)	45.4g	4.7g
- sugars (g)	17.7g	1.8g
Sodium (mg)	983mg	102.6mg
Dietary Fibre (g)	6.9g	0.7g

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 | CW35



1



Crumb & cook the pork

- Preheat oven to **240°C/220°C fan-forced**.
- In a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **Nan's special seasoning**.
- Dip **pork schnitzel** into **flour** to coat, then into **egg**, and finally in **breadcrumb mixture**. Set aside on a plate.
- Heat a large frying pan over high heat with enough **olive oil** to coat the base. Cook **pork schnitzel** in batches until golden and cooked through, **1-2 minutes** each side. Transfer to a lined oven tray.

3



Make it cheesy & toss the salad

- Top and evenly spread each piece of **pork** with **tomato sauce**, then sprinkle with **shredded Cheddar cheese**.
- Bake until cheese is golden, **8-10 minutes**.
- Meanwhile, using a vegetable peeler, peel **carrot** into ribbons.
- Thinly slice **apple**.
- In a medium bowl, combine **mixed salad leaves**, **carrot**, **apple**, a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.

2



Make the tomato sauce

- Finely chop **garlic**.
- Wipe out and return frying pan to medium heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Stir in **tomato sugo**, the **brown sugar** and the **butter**. Reduce heat to low and simmer until slightly thickened, **2-3 minutes**. Season.

4



Serve up

- Slice pork.
- Divide carrot ribbon and apple salad between bowls.
- Top with Italian pork parmigiana to serve. Enjoy!

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



DOUBLE CHEDDAR CHEESE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

