

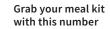
# Nonna's Quick Pork Cotoletta & Tomato Salad

with Dill-Parsley Mayo

MEDITERRANEAN

NEW

AIR FRYER FRIENDLY







Seasoning



Panko Breadcrumbs



**Grated Parmesan** Cheese



Pork Schnitzels



**Cherry Tomatoes** 







Mayonnaise

Balsamic Glaze



Chicken Breast





Prep in: 15-25 mins Ready in: 15-25 mins



This pork cotoletta is extra special, with our garlic & herb seasoning cooked right into the cheesy crumb! It doesn't need fancy accompaniments, a fresh tomato and balsamic salad is the perfect pairing. You'll be thanking Nonna for sharing her best kept culinary secrets.

**Pantry items** 

Olive Oil, Plain Flour, 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

Air fryer or Large frying pan

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
plain flour*	1 tbs	2 tbs
salt*	1/4 tsp	½ tsp
garlic & herb seasoning	1 medium sachet	1 large sachet
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	½ large packet	1 large packet
spinach & rocket mix	1 medium packet	2 medium packets
balsamic glaze	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	2 medium packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2804kJ (670cal)	425kJ (102cal)
Protein (g)	43.3g	6.6g
Fat, total (g)	37.7g	5.7g
- saturated (g)	9.7g	1.5g
Carbohydrate (g)	38.7g	5.9g
- sugars (g)	11g	1.7g
Sodium (mg)	1105mg	167.7mg
Dietary Fibre (g)	1.9g	0.3g

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.



### Get prepped

- In a shallow bowl, combine the **plain flour**, **salt**, **garlic & herb seasoning** and a pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs**, **olive oil** (2 tbs for 2 people / ½ cup for 4 people) and **grated Parmesan cheese**.
- Pull apart pork schnitzels so you get 2 per person. Dip pork into flour mixture, followed by egg and finally in panko mixture. Set aside.

TIP: No air fryer? Leave the oil out of the panko mixture.



# Cook the pork

- Set air fryer to 200°C.
- Place pork schnitzel into air fryer basket and cook, turning halfway through, until golden and cooked through, 6-8 minutes (cook in batches if needed).

**TIP:** No air fryer? In a large frying pan, heat enough olive oil to coat the base over high heat. Cook pork schnitzel in batches, until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.



#### Toss the salad

- Meanwhile, slice cherry tomatoes (see ingredients) in half.
- In a large bowl, combine spinach & rocket mix, cherry tomatoes and balsamic glaze. Season and toss to combine.



# Serve up

- Divide cherry tomato salad and Nonna's pork cottoletta between plates.
- Serve with a dollop of dill & parsley mayonnaise. Enjoy!





