



Nonna's Quick Pork Cotoletta & Tomato Salad

with Dill-Parsley Mayo

MEDITERRANEAN

NEW

AIR FRYER FRIENDLY

Grab your meal kit with this number

35



Garlic & Herb Seasoning



Panko Breadcrumbs



Grated Parmesan Cheese



Pork Schnitzels



Cherry Tomatoes



Spinach & Rocket Mix



Balsamic Glaze



Dill & Parsley Mayonnaise



Chicken Breast



Grated Parmesan Cheese

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

Protein Rich

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*	¼ 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

*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 / ¼ 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.



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.



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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow crumbing and cooking method above, 12-15 minutes.



DOUBLE GRATED PARMESAN 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.

