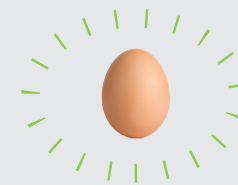




PORK SCHNITZEL

with Apple, Mint & Parmesan Salad



No egg? No worries!



Red Apple



Parmesan Cheese



Panko Breadcrumbs



Pork Schnitzel Fillets



Mixed Salad Leaves



Mint

Pantry Staples



Plain Flour



Egg



Olive Oil



Honey



White Wine Vinegar



Hands-on: **25** mins
Ready in: **30** mins

All the classic flavours in this German-inspired dish play off against each other in the most delightful way. The sweetness of the honey and apple against sharp Parmesan and pork is just lovely!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, vegetable peeler, three shallow bowls, fork, two plates, large frying pan, tongs, paper towel, large bowl and small jug.**



1 GET PREPPED

Thinly slice the **red apple** into wedges. Shave the **Parmesan cheese** into pieces using a vegetable peeler. Pick the **mint** leaves.



2 PREP THE CRUMB

Place the **plain flour** and a good **pinch** of **salt** and **pepper** in the first shallow bowl. In the second shallow bowl, add the **egg** with a **dash** of **water** and whisk well. In the third shallow bowl, place the **panko breadcrumbs**. **TIP:** If you don't have an egg, replace it with 2 tbs milk.



3 CRUMB THE PORK

Dip each **pork schnitzel fillet** into the **plain flour**, then into the whisked **egg**, and then into the **panko breadcrumbs**. Set the crumbed schnitzel on a plate, ready to fry.



4 COOK THE PORK SCHNITZELS

Add enough **olive oil** to cover the base of a large frying pan and heat over a high heat. Fry the **pork schnitzel** for **1-2 minutes** on each side, or until golden on the outside and cooked through. Place the fried schnitzel on a paper towel lined plate to soak up the excess oil. Wipe the frying pan clean and repeat the process with the remaining schnitzel, adding extra oil if required.



5 PREP THE SALAD

Combine the **mixed salad leaves, apple, mint** and shaved **Parmesan cheese** in a large bowl. In a small jug, combine a **drizzle** of **olive oil**, the **honey** and the **white wine vinegar**. Season with a **pinch** of **salt** and **pepper** and toss to coat. **TIP:** Dress the salad just before serving to prevent soggy leaves.



6 SERVE UP

Divide the pork schnitzels and apple, mint & parmesan salad between plates.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red apple	1	2
Parmesan cheese	1 block (50g)	2 blocks (100g)
mint	1 bunch	2 bunches
plain flour*	2 tbs	4 tbs
egg*	1	2
panko breadcrumbs	1 packet (1 cup)	2 packets (2 cups)
pork schnitzel fillets	1 packet	2 packets
mixed sawlad leaves	1 bag	2 bags
olive oil*	1 tbs	2 tbs
honey*	1 tsp	2 tsp
white wine vinegar*	2 tsp	1 tbs

*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3480kJ (831Cal)	819kJ (196Cal)
Protein (g)	51.6g	12.1g
Fat, total (g)	51.4g	12.1g
- saturated (g)	12.0g	2.8g
Carbohydrate (g)	39.0g	9.2g
- sugars (g)	13.0g	3.1g
Sodium (g)	454mg	107mg

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