



SHAKE IT UP! PORK CUTLETS

with Garlic Bread and an Apple and Sunflower Seed Salad



HELLO

SHAKED CRISPY PORK

Just bag it, bread it, and shake for delicious results in a snap.

PREP: 5 MIN | TOTAL: 25 MIN | CALORIES: 930



Garlic



Sour Cream
(Contains: Milk)



Fry Seasoning



Celery



Ciabatta Bread
(Contains: Wheat)



Sunflower Seeds



Panko Breadcrumbs
(Contains: Wheat)



Pork Cutlets



Gala Apples



Lemon Juice



Arugula

START STRONG

Everybody do the shake: kids can help with coating the pork in panko, buttering the bread, and tossing the salad.

BUST OUT

- Zip-close bag
- Paper towel
- 2 Medium bowls
- Small bowl
- Large pan
- Baking sheet
- Vegetable oil (½ Cup)
- Butter (6 TBSP)
(Contains: Milk)
- Olive oil (2 TBSP)

INGREDIENTS

Ingredient 4-person

- Garlic 2 Cloves
- Panko Breadcrumbs 1 Cup
- Sour Cream 4 TBSP
- Pork Cutlets 24 oz
- Fry Seasoning 2 TBSP
- Gala Apples 2
- Celery 6 Pieces
- Ciabatta Bread 2
- Arugula 4 oz
- Sunflower Seeds 2 oz
- Lemon Juice 4 Packs

WINE CLUB

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1 PREHEAT OVEN AND SEASON PANKO

Wash and dry all produce. Adjust rack to upper position and preheat oven to 450 degrees. Mince **garlic**. Place **panko** in a gallon-size zip-close bag and season with **salt** and **pepper** (we used 2 tsp kosher salt).



4 COOK PORK

Once oil is hot (it should sizzle if you add a breadcrumb), remove **pork** from bag (discard any **panko** that doesn't stick). Add half the pork to pan and cook until panko is golden brown and crisp, 2-3 minutes per side. Transfer to a paper-towel-lined plate and set aside. Repeat with remaining pork. **TIP:** If pan seems dry, add a drizzle or two of oil before starting the second batch—there should still be a thin layer of oil.



2 SHAKE PORK

Place **sour cream** in a medium bowl, then add **pork** and toss to coat. Place coated pork and **fry seasoning** in bag with **panko** and seal to close. Shake until pork is evenly coated. **TIP:** You may need to move around cutlets in bag, pressing with your hands to spread out panko and make it stick.



5 TOAST BREAD

Meanwhile, place **6 TBSP butter** and **garlic** in a small, microwave-safe bowl. Microwave on high until butter melts, about 30 seconds. Place **ciabatta halves** cut-side up on a baking sheet and drizzle with butter mixture. Toast in oven until crisp and golden, about 5 minutes. Halve on a diagonal to create triangles.



3 HEAT OIL AND PREP

Heat a ¼-inch layer of **oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Halve and core **apples**, then slice into thin half-moons. Thinly slice **celery** on a diagonal. Split **ciabattas** in half (as if you were making sandwiches).



6 TOSS SALAD AND SERVE

While ciabattas toast, toss together **apples, celery, arugula, sunflower seeds, 2 TBSP olive oil, and lemon juice** to taste in another medium bowl. Season with **salt** and **pepper**. Divide **pork, salad, and ciabattas** between plates.

FRESH TALK

If you could relive any moment from your life, what would it be?

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