



PORK SCHNITZEL

with Creamy Coleslaw and Sugar Snap Peas

FAMILY



HELLO SCHNITZEL

A very thin cutlet of meat that is breaded, then fried

PREP: 20 MIN | TOTAL: 30 MIN | CALORIES: 586



Pork Cutlet



Parsley



Lemon



White Wine Vinegar



Mayonnaise



Coleslaw Cabbage Mix



Sugar Snap Peas, trimmed



Panko Breadcrumbs



Parmesan Cheese, grated

BUST OUT

- Baking Sheet
- Whisk
- Large Bowl
- Zester
- Measuring Spoons
- Sugar (½ tsp)
- Large Non-Stick Pan
- Salt and Pepper
- Shallow Dish
- Olive or Canola oil

INGREDIENTS

4-person

- Pork Cutlet 680 g
- Parsley 10 g
- Lemon 1
- White Wine Vinegar 9 2 tbsp
- Mayonnaise 3, 4 6 tbsp
- Coleslaw Cabbage Mix 340 g
- Sugar Snap Peas, trimmed 454 g
- Panko Breadcrumbs 1 ½ cup
- Parmesan Cheese, grated 2 ½ cup

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 160°F.



START STRONG

Preheat the broiler to **high** (to broil the sugar snap peas).



1 PREP
Wash and dry all produce.*
Finely chop the **parsley**. Zest, then juice the **lemon**.



2 MAKE SLAW
In a large bowl, whisk together the **vinegar**, **½ tsp sugar**, **2 tbsp mayo** and **1 tbsp lemon juice**. (**TIP:** Taste, then add more lemon juice, **1 tsp** at a time, if you want the dressing more tangy!) Season with **salt** and **pepper**. Add the **coleslaw** mix and toss to combine.



3 BROIL PEAS
On a baking sheet, toss the **snap peas** with a drizzle of **oil**. Season with **salt** and **pepper**. Broil in the centre of the oven until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer snap peas to a plate and cover with foil to keep warm.



4 PREP PORK
Meanwhile, in a shallow dish, combine the **panko**, **lemon zest**, **parsley** and **Parmesan**. Pat the **pork** dry with paper towel. Season with **salt** and **pepper**. Coat the pork with the **remaining mayo**, then dip into the **panko mixture** to coat completely on both sides.



5 COOK PORK
Heat a large non-stick pan over medium heat. Add a generous drizzle of **oil**, then the **schnitzels**. (**TIP:** Cook in batches if your pan is too small.) Fry until golden-brown and cooked through, 4-5 min per side. (**TIP:** Cook each piece to a minimum internal temp. of 160°F, as size may vary.**)



6 FINISH AND SERVE
Divide the **schnitzel**, **coleslaw** and **sugar snap peas** between plates.

AMAZING!

These schnitzels are crispy and finger-licking good.