



# PORK SCHNITZEL

with Apple, Cucumber & Parmesan Salad

PRONTO



## HELLO SCHNITZEL

An Austrian dish, schnitzel is meat pounded thin and cooked in oil or fat, that can be breaded or not

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 724



Pork Cutlet



Gala Apple



Mini Cucumber



Thyme



Panko Breadcrumbs



Parmesan Cheese, shredded



Mayonnaise



Dijon Mustard



White Wine Vinegar



Spring Mix

## BUST OUT

- Large Non-Stick Pan
- Whisk
- Measuring Spoons
- Sugar (2 tsp | 4 tsp)
- Medium Bowl
- Salt and Pepper
- Paper Towel
- Olive or Canola oil
- Shallow Dish

## INGREDIENTS

2-person | 4-person

- Pork Cutlet 340 g | 680 g
- Gala Apple 1 | 2
- Mini Cucumber 66 g | 132 g
- Thyme 10 g | 10 g
- Panko Breadcrumbs 1 ½ cup | 1 cup
- Parmesan Cheese, shredded 2 ½ cup | 1 cup
- Mayonnaise 3,9 2 tbsp | 4 tbsp
- Dijon Mustard 6,9 1 ¼ tsp | 2 ½ tsp
- White Wine Vinegar 9 2 tbsp | 4 tbsp
- Spring Mix 56 g | 113 g

## 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 soja, les sulfites, les noix et le blé.

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

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.



## START STRONG

Prepping veggies upfront allows this recipe to come together with ease!



**1 PREP** Wash and dry all produce.\* Core and cut the **apples** into ½-inch cubes. Cut the **cucumbers** in half lengthwise, then thinly slice into ¼-inch half moons. Strip **1 tbsp thyme leaves** from the stems.



**2 PREP SCHNITZELS** In a shallow dish, combine the **panko**, **half the Parmesan** and **thyme**. Pat the **pork** dry with paper towels. Season with **salt** and **pepper**. Coat each piece of pork with the **mayo**, then dip both sides in the **panko mixture**, pressing firmly so it sticks. Transfer to a plate.



**3 COOK SCHNITZELS** Heat a large non-stick pan over medium heat. When pan is hot, add **1 tbsp oil**, then the **schnitzels**. (**NOTE:** Cook schnitzels in two batches for 4 ppl, using 1 tbsp oil for each batch.) Pan-fry until golden-brown and cooked through, 4-5 min per side. (**TIP:** Cook to a min internal temp. of 71°C/160°F, as size may vary.\*\*) Transfer to a paper towel-lined plate.



**4 ASSEMBLE SALAD** Meanwhile, in a medium bowl, whisk together the **mustard**, **vinegar** and **2 tsp sugar**. Add the **apple**, **cucumber**, **spring mix** and **remaining Parmesan**. Toss to combine. Season with **salt** and **pepper**.



**5 FINISH AND SERVE** Divide the **salad** and **pork schnitzels** between plates.

## PERFECT PAIR!

Pork and apple go together beautifully. Adding thyme ties it all together!