



Sesame Crumbed Pork

with Braised Cabbage & Honey Garlic Aioli



Create the perfect zig zag aioli drizzle



Red Cabbage



Parsley



Garlic Aioli



Panko Breadcrumbs



Sesame Seeds



Pork Schnitzel

Pantry Staples



White Wine Vinegar



Honey



Plain Flour



Egg



Olive Oil



Balsamic Vinegar



Water

Hands-on: 25 mins
Ready in: 30 mins

This yummy pub style classic seems German, what with the pork schnitzel and braised cabbage. But we've also taken inspiration from Japanese katsu, with a super panko breadcrumb coating and a divine honey-garlic aioli drizzle.

BEFORE YOU START

You will need: **chef's knife, chopping board, small bowl, three shallow bowls, fork, two plates, medium frying pan, tongs, paper towel** and a **zip lock bag**. Let's start cooking the **Sesame Crumbed Pork with Braised Cabbage & Honey Garlic Aioli**



1 GET PREPPED

Finely slice the **red cabbage**. Pick the **parsley** leaves and finely chop.



2 MAKE THE HONEY-GARLIC AIOLI

Combine the **white wine vinegar, garlic aioli** and **honey** in a small bowl and season with **salt** and **pepper**. Set aside.



3 CRUMB THE PORK

Place the **plain flour** in a shallow bowl. Place the **egg** in a second bowl and whisk with a fork. Place the **panko breadcrumbs, sesame seeds** and **1/2** of the **parsley** in a third bowl. Season the **pork schnitzel** with **salt** and **pepper** then dip in the flour, followed by the egg and finally coat in the panko-sesame breadcrumb mixture. Place on a plate until ready to fry.



4 COOK THE CRUMBED PORK

Heat the **olive oil** in a medium frying pan over a medium-high heat. Cook the crumbed **pork schnitzel** for **2-3 minutes** on each side, or until the crumb is golden and the pork is cooked through. Set aside on a plate lined with paper towel, to drain excess oil.



5 COOK THE BRAISED CABBAGE

Return the frying pan to a medium-high heat. Add the **red cabbage** and cook for **3-4 minutes**, or until tender. Add the **balsamic vinegar** and **water** and cook for a further **1 minute**, or until completely softened.



6 SERVE UP

Divide the sesame crumbed pork between plates and serve the braised cabbage on the side. Drizzle with honey-garlic aioli and sprinkle with parsley.

To add some extra flare to your pork, spoon the honey-garlic aioli into a zip lock bag. Right before serving snip the bottom corner off and use the bag to drizzle over the aioli in a zig zag pattern, just like traditional katsu.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
red cabbage	1 portion	2 portions
parsley ☞	1 bunch	2 bunches
white wine vinegar*	½ tsp	1 tsp
garlic aioli	1 tub (2 tbs)	2 tubs (4 tbs)
honey*	½ tsp	1 tsp
plain flour*	2 tbs	4 tbs
egg*	1	2
panko breadcrumbs	1 packet (1 cup)	2 packets (2 cups)
sesame seeds	1 sachet (1 tbs)	2 sachets (2 tbs)
pork schnitzel	1 packet	2 packets
olive oil*	¼ cup	½ cup
balsamic vinegar*	3 tsp	1 ½ tbs
water*	1 tsp	2 tsp

*Pantry Items | ☞ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3280kJ (782Cal)	811kJ (194Cal)
Protein (g)	47.1g	11.7g
Fat, total (g)	51.0g	12.6g
- saturated (g)	8.0g	2.0g
Carbohydrate (g)	31.3g	7.7g
- sugars (g)	6.5g	1.6g
Sodium (g)	260mg	64mg

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