



20-MIN MEAL

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: 20 MIN | CALORIES: 880



Garlic



Sour Cream
(Contains: Milk)



Fry Seasoning



Celery



Ciabatta Bread
(Contains: Wheat)



Sunflower Seeds



Panko Breadcrumbs
(Contains: Wheat)



Pork Cutlets



Gala Apple



Lemon



Arugula

START STRONG

If you don't have a zip-close bag on hand, sprinkle the panko mixture directly onto the pork after coating it in sour cream, pressing to adhere.

BUST OUT

- Zip-close bag
- Paper towel
- 2 Medium bowls
- Small bowl
- Large pan
- Baking sheet
- Butter (3 TBSP | 6 TBSP)
(Contains: Milk)
- Olive oil (1 TBSP | 2 TBSP)
- Vegetable oil (½ Cup | 1 Cup)

INGREDIENTS

Ingredient 2-person | 4-person

- Garlic 1 Clove | 2 Cloves
- Panko Breadcrumbs ½ Cup | 1 Cup
- Sour Cream 2 TBSP | 4 TBSP
- Pork Cutlets 12 oz | 24 oz
- Fry Seasoning 1 TBSP | 2 TBSP
- Gala Apple 1 | 2
- Celery 3 | 6
- Lemon 1 | 2
- Ciabatta Bread 1 | 2
- Arugula 2 oz | 4 oz
- Sunflower Seeds 1 oz | 2 oz

HELLO WINE



PAIR WITH

Aperçu Pays d'Oc Chardonnay, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT OVEN AND SEASON PANKO

Wash and dry all produce. Adjust rack to upper position and preheat oven to 450 degrees. Mince **1 clove garlic** (use other as you like). Place **panko** in a gallon-sized zip-close bag and season with **salt** and **pepper** (we used 1 tsp kosher salt).



4 COOK PORK

Once oil is hot (it should sizzle if you add a breadcrumb), remove **pork** from bag and add to pan (discard any panko that doesn't stick). Cook until panko is golden brown and crisp, 2-3 minutes per side. Transfer to a paper-towel-lined plate and set aside.



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 AND TOSS SALAD

Meanwhile, place **3 TBSP butter** and **minced 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. Toss together **apple, celery, arugula, sunflower seeds, 1 TBSP olive oil**, and a squeeze or two of **lemon** in a medium bowl. Season with **salt** and **pepper**.



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 **apple**, then slice into thin half-moons. Thinly slice **celery** on a diagonal. Cut **lemon** into wedges. Split **ciabatta** in half (as if you were making a sandwich).



6 FINISH AND SERVE

Halve **ciabatta** on a diagonal to create triangles. Divide **pork, salad**, and ciabatta between plates. Serve with **lemon wedges** on the side for squeezing over pork.

BUST A MOVE!

Bonus points for doing a shimmy while you shake.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com

WK17 NJ-12