



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: 930



Garlic



Sour Cream
(Contains: Milk)



Fry Seasoning



Celery



Ciabatta Bread
(Contains: Wheat)



Sunflower Seeds



Panko Breadcrumbs
(Contains: Wheat)



Pork Cutlets



Gala Apple



Lemon Juice



Arugula

START STRONG

If you don't have a zip-close bag on hand, mix the panko, salt, pepper, and seasoning on a plate, then dip the sour cream-coated pork in it, 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 | ½ 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 Pieces | 6 Pieces
- Ciabatta Bread 1 | 2
- Arugula 2 oz | 4 oz
- Sunflower Seeds 1 oz | 2 oz
- Lemon Juice 2 packs | 4 packs

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[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 the other as you like). Place **panko** in a gallon-size 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

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



6 TOSS SALAD AND SERVE

While ciabatta toasts, toss together **apple, celery, arugula, sunflower seeds, 1 TBSP olive oil, and lemon juice** to taste in another medium bowl. Season with **salt** and **pepper**. Divide **pork, salad, and ciabatta** between plates.

BUST A MOVE!

Bonus points for doing a shimmy while you shake.

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