



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: 900



Garlic



Sour Cream
(Contains: Milk)



Fry Seasoning



Celery



Ciabatta Bread
(Contains: Wheat)



Sunflower Seeds



Panko Breadcrumbs
(Contains: Wheat)



Pork Cutlets



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 mixture directly onto the pork after coating it in sour cream, pressing to adhere.

BUST OUT

- Zip-close bag
- Paper towels
- 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**
- Apple **1** | **2**
- Celery **3 Pieces** | **6 Pieces**
- Lemon **1** | **2**
- Ciabatta Bread **1** | **2**
- Arugula **2 oz** | **4 oz**
- Sunflower Seeds **1 oz** | **2 oz**

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 SEASON PANKO

Adjust rack to upper position and preheat oven to 450 degrees. **Wash and dry all produce.** 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

Heat a ¼-inch layer of **oil** in a large pan over medium-high heat (use a nonstick pan if you have one). 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 **garlic** and **3 TBSP butter** in a small microwave-safe bowl. Microwave on high until butter melts, about 30 seconds. Place **ciabatta halves** cut sides 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 PREP

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 TOSS SALAD AND SERVE

While **ciabatta** toasts, 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**. Divide **pork, salad, and ciabatta** between plates. Serve with lemon wedges on the side for squeezing over pork.

SUNFLOWER POWER

We also love these toasty seeds in our yogurt and sprinkled over hummus.

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