



20-MIN MEAL

SHAKE IT UP! PORK CUTLETS

with Garlic Bread and an Apple and Sunflower Seed Salad



HELLO

FIRSTFRUITS OPAL APPLE

Opal® apples have a crunchy texture, floral aroma and a sweet, tangy flavor. Incredibly, these sunny fruits don't brown after cutting!

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 990

- Garlic
- Sour Cream (Contains: Milk)
- Fry Seasoning
- Celery
- Ciabatta Bread (Contains: Wheat)
- Sunflower Seeds
- Panko Breadcrumbs (Contains: Wheat)
- Pork Cutlets
- FirstFruits Opal Apple
- Lemon
- Arugula

START STRONG

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

BUST OUT

- Zip-close bag
- Small bowl
- 2 Medium bowls
- Baking sheet
- Large pan
- Kosher salt
- Paper towels
- Black pepper
- Vegetable oil (for frying)
- Olive oil (1 TBSP | 2 TBSP)
- Butter (3 TBSP | 6 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Panko Breadcrumbs **½ Cup** | **1 Cup**
- Fry Seasoning **1 TBSP** | **2 TBSP**
- Sour Cream **2 TBSP** | **4 TBSP**
- Pork Cutlets* **12 oz** | **24 oz**
- Garlic **2 Cloves** | **2 Cloves**
- FirstFruits Opal Apple **1** | **2**
- Celery **2.5 oz** | **5 oz**
- Lemon **1** | **2**
- Ciabatta Bread **1** | **2**
- Arugula **2 oz** | **4 oz**
- Sunflower Seeds **1 oz** | **2 oz**

* Pork is fully cooked when internal temperature reaches 145 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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



HelloFRESH



1 SEASON PANKO

Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry all produce.** Place **panko** in a gallon-size zip-close bag and season with **Fry Seasoning, salt** (we used 1 tsp; use 2 tsp for 4 servings), and **pepper**.



2 SHAKE PORK

Place **sour cream** in a medium bowl; add **pork** and turn to evenly coat. Place coated pork into bag with **panko** and seal to close. Shake until pork is evenly coated. **TIP:** You may need to move cutlets around in bag, pressing with your hands, to spread out panko and make it stick.



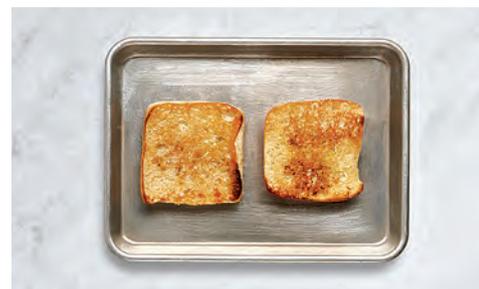
3 PREP

Mince **1 clove garlic** (2 cloves for 4 servings). Halve, core, and thinly slice **apple** into half-moons. Thinly slice **celery** on a diagonal. Cut **lemon** into wedges. Halve **ciabatta** (as if you were making a sandwich).



4 COOK PORK

Heat a ¼-inch-layer of **oil** in a large, preferably nonstick, pan over medium-high heat. Once oil is hot enough that a pinch of breadcrumbs sizzles when added to the pan, remove coated **pork** from bag and add to pan (discard any panko that doesn't stick). Cook until panko is golden brown and pork is cooked through, 2-3 minutes per side. (For 4 servings, cook in batches.) Transfer to a paper-towel-lined plate.



5 MAKE GARLIC BREAD

Meanwhile, in a small microwave-safe bowl, combine **minced garlic** and **3 TBSP butter** (6 TBSP for 4 servings). Microwave until butter melts, 30 seconds. Place **ciabatta halves** cut sides up on a baking sheet and drizzle with garlic butter. Toast on top rack of oven until golden brown, 3-5 minutes. Halve on a diagonal to create triangles.



6 MAKE SALAD AND SERVE

While ciabatta toasts, in a second medium bowl, toss together **apple, celery, arugula, sunflower seeds, 1 TBSP olive oil** (2 TBSP for 4 servings), and a squeeze or two of **lemon juice**. Season with **salt** and **pepper**. Divide salad, **pork**, and **ciabatta** between plates. Serve with remaining **lemon wedges** on the side.

CRUNCH TIME

Can't get enough of this crispy coated pork? Next time, try the technique with chicken cutlets.

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