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Pork Schnitzel with Parmesan Slaw

Schnitz dinner time! Here at HelloFresh, we're all for turning Arnold Schwarzenegger's favourite food into a healthy home cooked delight. Crispy pork schnitzel fits the bill, and we've paired it with a fresh crunchy cabbage and Parmesan slaw that's dressed to impress. With this tasty supper wafting over the next door neighbours' fence, you may need to make a speedy getaway. "Get to the chopper!"



Prep: 15 mins Cook: 20 mins Total: 35 mins



level 2



high fibre



high protein

Pantry Items





Olive Oil White Wine Vinegar





White Cabbage



Parmesan Cheese



Lemon



Panko Breadcrumbs









Parsley



Pork Schnitzels



Green Beans

2P	4P	Ingredients	
3 cups	6 cups	finely shredded white cabbage	Α
1 block	2 blocks	Parmesan cheese, grated	
2 tbs	4 tbs	olive oil *	
1/2	1	lemon, zested & cut into wedges	
1 tbs	2 tbs	white wine vinegar *	
2 tbs	4 tbs	plain flour *	
1/4 cup	½ cup	milk *	
1 cup	2 cups	panko breadcrumbs	
1 bunch	2 bunches	parsley, finely chopped	
4 fillets	8 fillets	pork schnitzel	
1/4 cup	½ cup	vegetable oil *	
100 g	200 g	green beans, trimmed	

May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3270	Kj
Protein	63.8	g
Fat, total	36.9	g
-saturated	9.5	g
Carbohydrate	43.1	g
-sugars	18.7	g
Sodium	555	mo

Measuretool

) cm	1cm	2 cm
1		



You will need: chef's knife, chopping board, box grater, fine grater, large bowl, shallow bowl, two medium sized bowls, two plates, large frying pan and paper towel.

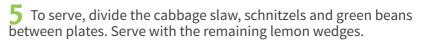
1 Massage the **white cabbage** with your fingers in a large bowl to soften slightly and then stir in the **Parmesan cheese**. In a small bowl or jug whisk the **olive oil**, juice of one **lemon wedge**, **white wine vinegar** and **salt** and **pepper**. Pour the dressing through the cabbage slaw and set aside.



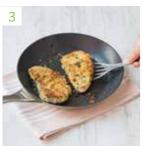
2 Now it's time to set up your crumbing station. Place the plain flour in a shallow bowl, the milk in a second bowl and the panko breadcrumbs, lemon zest and the parsley in a third bowl. Season the pork schnitzels with salt and pepper then dip in the flour, followed by the milk and finally coat in the breadcrumb mixture. Place on a plate until ready to fry.

3 Heat the **vegetable oil** in a medium frying pan over a mediumhigh heat. Add the schnitzels and cook for **1-2 minutes** on each side, or until golden and cooked through. Transfer to a paper towel lined plate to drain.









Did you know? The world's largest cabbage dish consisted of 80,191 cabbage rolls (known as sarmas) which weighed in at a massive 544 kg.