



Everything But The Chef

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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



Plain Flour



Milk



Vegetable Oil



White Cabbage



Parmesan Cheese



Lemon



Panko Breadcrumbs



Parsley



Pork Schnitzels



Green Beans

2P	4P	Ingredients	
3 cups	6 cups	finely shredded white cabbage	A
1 block	2 blocks	Parmesan cheese, grated	
2 tbs	4 tbs	olive oil *	
½	1	lemon, zested & cut into wedges	⊕
1 tbs	2 tbs	white wine vinegar *	
2 tbs	4 tbs	plain flour *	
¼ cup	½ cup	milk *	
1 cup	2 cups	panko breadcrumbs	
1 bunch	2 bunches	parsley, finely chopped	
4 fillets	8 fillets	pork schnitzel	
¼ 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	mg

Measuretool

0 cm	1 cm	2 cm



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 medium-high 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.

4 Meanwhile, bring a small saucepan of water to the boil. Add the **green beans** and blanch for **2 minutes** or until just tender. Drain.

5 To serve, divide the cabbage slaw, schnitzels and green beans between plates. Serve with the remaining lemon wedges.



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.