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WK51
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Crunchy Pork Schnitzel with Red Apple & Parmesan Salad

All the classic flavours in this German-inspired dish play off against each other in a most delightful way. The sweetness of the honey and apple against sharp Parmesan and crunchy pork is just lovely!

Prep: 15 mins
Cook: 30 mins
Total: 45 mins

level 2
 low sodium
 nut free

Pantry Items

- Plain Flour
- Eggs
- Vegetable Oil
- Olive Oil
- Honey
- Apple Cider Vinegar



2P	4P	Ingredients
2 tbs	4 tbs	plain flour *
1	2	egg, whisked *
1 packet	2 packet	panko breadcrumbs
1 packet	2 packets	pork schnitzel fillets
¼ cup	½ cup	vegetable oil *
½ bag	1 bag	rocket leaves, washed ⊕
1	2	apple, thinly sliced into wedges 🍏
½ block	1 block	Parmesan cheese, shaved
1 tbs	2 tbs	olive oil *
1 tsp	2 tsp	honey *
2 tsp	1 tbs	apple cider vinegar *

⊕ Ingredient features in another recipe

* Pantry Items

🍏 Pre-preparation

Nutrition per serve

Energy	2710	Kj
Protein	47.9	g
Fat, total	32.1	g
-saturated	7.3	g
Carbohydrate	39.5	g
-sugars	13.3	g
Sodium	320	mg



You will need: *chef's knife, chopping board, sieve, three shallow bowls, two plates, large frying pan, tongs, paper towel, large bowl and small jug.*



1 Set up the crumbing station. Prepare three shallow bowls. In the first, place the **plain flour** and a good grind of **salt** and **pepper**. In the second, the whisked **egg** with a dash of water. In the third, the **panko breadcrumbs**. Take each **pork schnitzel fillet** and dip in in the flour, then into the egg wash, and then into the breadcrumb mixture. Lay them out on a plate, ready to fry. v

Tip: If you don't have an egg, replace it with 2 tbs milk.



2 Heat the **vegetable oil** in a large frying pan over a high heat. Fry half the crumbed pork for **3-4 minutes** on each side, or until golden on the outside and cooked through. Set the pork aside on a plate with paper towel, to soak up any excess oil. Wipe the frying pan clean if needed and repeat the process with the remaining pork and some extra oil if needed.



3 Combine the **rocket leaves**, **apple slices** and shaved **Parmesan cheese** in a large bowl. In a small jug combine the **olive oil**, **honey** and **apple cider vinegar**. Season with salt and pepper. Drizzle the dressing over the salad.

4 To serve, divide the pork and salad between plates. Enjoy!

Did you know? The term “schnitzel” comes from the German word “sniz” meaning slice.