



Parsley Pork Schnitzels

with Fries, Apple Salad & Tartare Sauce

Grab your Meal Kit with this symbol



Potato



Parsley



Apple



Carrot



Panko Breadcrumbs



Pork Schnitzels



Mixed Salad Leaves



Tartare Sauce

Hands-on: **30-40 mins**
Ready in: **30-40 mins**

Bright and peppery parsley transforms these schnitzels into something special. The apple salad is a textural treat, and the slightly tangy tartare sauce is the perfect match for the hand cut fries.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic), Plain Flour, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsley	1 bag	1 bag
apple	½	1
carrot	½	1
honey*	½ tsp	1 tsp
vinegar* (white wine or balsamic)	1 tsp	2 tsp
plain flour*	2 tbs	¼ cup
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
pork schnitzels	1 small packet	1 large packet
mixed salad leaves	1 small bag (30g)	1 medium bag (60g)
tartare sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2943kJ (703Cal)	548kJ (131Cal)
Protein (g)	51.2g	9.5g
Fat, total (g)	27.7g	5.2g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	58.7g	10.9g
- sugars (g)	8.6g	10.9g
Sodium (mg)	1310mg	244mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Slice the **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then bake until tender, **25-30 minutes**.



Get prepped

While the fries are baking, roughly chop the **parsley**. Slice the **apple** (see ingredients) into thin wedges. Grate the **carrot** (see ingredients).



Make the salad dressing

In a large bowl, combine the **honey**, **vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper** and whisk to combine. Set aside.



Crumb the pork schnitzels

In a shallow bowl, combine the **plain flour**, the **salt** and a good pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** and **parsley**. Separate the **pork schnitzels** (they may be stuck together). Dip each **pork schnitzel** into the seasoned **flour**, followed by the **egg** and finally into the **panko mixture**. Transfer to a plate.



Cook the schnitzels

Heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add the **crumbed pork** in batches and cook, until golden and cooked through, **1-2 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil between batches if needed.



Serve up

Add the apple, carrot and **mixed salad leaves** to the salad dressing, tossing to coat. Divide the parsley pork schnitzels, fries and apple salad between plates. Serve with the **tartare sauce**.

Enjoy!

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