



# Pork Schnitzel & Pear-Parmesan Salad

with Garlic Aioli

Grab your Meal Kit with this symbol



Cucumber



Pear



Mint



Panko Breadcrumbs



Pork Schnitzel



Mixed Salad Leaves



Shaved Parmesan Cheese



Garlic Aioli

Hands-on: **25-35 mins**  
 Ready in: **30-40 mins**

Low Calorie

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

### Pantry items

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



## 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

Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
pear	½	1
mint	1 bunch	1 bunch
salt*	1 tsp	2 tsp
plain flour*	2 tbs	½ cup
egg*	1	2
panko breadcrumbs	1 packet	2 packets
pork schnitzel	1 packet	1 packet
honey*	1 tsp	2 tsp
vinegar* (white wine or red wine)	3 tsp	1½ tbs
mixed salad leaves	1 bag (60g)	1 bag (120g)
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2190kJ (524Cal)	482kJ (115Cal)
Protein (g)	46.9g	10.3g
Fat, total (g)	16.8g	3.7g
- saturated (g)	5.9g	1.3g
Carbohydrate (g)	39.0g	8.6g
- sugars (g)	13.0g	2.9g
Sodium (g)	1320mg	291mg

### Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 1. Get prepped

Slice the **cucumber** into half-moons. Thinly slice the **pear** (see ingredients list) into wedges. Pick and thinly slice the **mint leaves**.



### 2. Set up a crumbing station

In a shallow bowl, combine the **salt**, **plain flour** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**.



### 3. Crumb the pork

Separate the **pork schnitzel** (there should be about 2 per person). Dip the **schnitzel** into the **seasoned flour**, then into the **egg** and finally into the **panko breadcrumbs**. Set aside on a plate.



### 4. Cook the pork

Heat a large frying pan over a medium-high heat with 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. Repeat with the **remaining schnitzel**.

**TIP:** Add extra oil between batches if necessary.

**TIP:** Pork can be served slightly blushing pink in the centre.



### 5. Make the salad

In a medium bowl, combine the **honey**, **vinegar** and **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**). Add the **mixed salad leaves**, **cucumber**, **pear**, **shaved Parmesan cheese** and **mint** (if using) to the dressing. Toss to coat.



### 6. Serve up

Divide the pork schnitzels and pear-Parmesan salad between plates. Serve with the **garlic aioli**.

**TIP:** For the low-calorie option, omit the garlic aioli.

**Enjoy!**