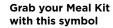


Pork Schnitzel & Pear-Parmesan Salad

with Garlic Aioli









Cucumber





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	1/2	1
mint	1 bunch	1 bunch
salt*	1 tsp	2 tsp
plain flour*	2 tbs	⅓ 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 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!