



CLASSIC PORK SCHNITZEL

with Crunchy Apple, Mint & Parmesan Salad



Master the perfect
pork schnitzel



Red Apple



Flaked Parmesan Cheese



Pork Schnitzel



Mint



Panko Breadcrumbs



Mixed Salad Leaves



Cucumber

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

Low calorie

Here at HelloFresh, we're all for turning Arnold Schwarzenegger's favourite food into a healthy home-cooked delight. Pork schnitzel fits the bill, and we've paired it with a fresh apple, mint and Parmesan salad that's dressed to impress.

Pantry Staples: Olive Oil, Plain Flour, Honey, Egg, Vinegar (White Wine Or Balsamic)

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, three shallow bowls, whisk or fork, two plates, large frying pan, tongs, paper towel, large bowl** and a **small jug**.



1 GET PREPPED

Thinly slice the **red apple** into wedges. Pick and finely slice the **mint** leaves. Slice the **cucumber** into half-moons.



2 PREPARE THE CRUMB

In the first shallow bowl, combine the **plain flour** and a **good pinch** of **salt** and **pepper**. In the second shallow bowl, crack the **egg** and whisk with a **dash** of **water**. In the third shallow bowl, add the **panko breadcrumbs**. **TIP:** If you don't have an egg, replace it with **3-4 tbs** of **milk**.



3 CRUMB THE PORK

Dip each **pork schnitzel** first into the **plain flour**, followed by the **egg** and finally into the **panko breadcrumbs**. Set the crumbed schnitzel aside on a plate, ready to fry.



4 COOK THE SCHNITZEL

Add enough **olive oil** to coat the base of a large frying pan and heat over a medium-high heat. Once hot, add the crumbed **pork** and cook for **1-2 minutes** on each side, or until golden on the outside and cooked through. Place the fried schnitzel on a plate lined with paper towel to soak up the excess oil. Wipe the pan clean and repeat with the remaining schnitzels. **TIP:** Add extra oil if needed.



5 MAKE THE SALAD

In a large bowl, combine the **mixed salad leaves, apple, mint, cucumber** and **flaked Parmesan cheese**. In a small jug, combine **1 1/2 tbs** of **olive oil**, the **honey** and the **vinegar** and season to taste with a **pinch** of **salt** and **pepper**. **Drizzle** the **honey-vinegar dressing** over the salad and toss to coat. **TIP:** Dress the salad just before serving to avoid soggy leaves.



6 SERVE UP

Divide the classic pork schnitzels and the crunchy apple, mint and Parmesan salad between plates.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
red apple	2
mint	1 bunch
cucumber	1
plain flour*	¼ cup
egg*	2
panko breadcrumbs	1½ packets (1½ cups)
pork schnitzel	1 packet
mixed salad leaves	1 bag
flaked Parmesan cheese	1 packet (30 g)
honey*	1 tsp
vinegar* (white wine or balsamic)	3 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2150kJ (514Cal)	536kJ (128Cal)
Protein (g)	43.1g	10.7g
Fat, total (g)	22.0g	5.5g
- saturated (g)	5.4g	1.3g
Carbohydrate (g)	31.8g	7.9g
- sugars (g)	12.3g	3.1g
Sodium (g)	251mg	63mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

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