



Parmesan Crumbed Pork Schnitzel

with Pesto Potatoes & Garden Salad

Grab your Meal Kit with this symbol 



Potato



Black Peppercorns



Pork Schnitzel



Panko Breadcrumbs



Grated Parmesan Cheese



Flaked Almonds



Tomato



Carrot



Basil Pesto



Mixed Salad Leaves



Garlic Aioli

 Hands-on: **35-45 mins**
Ready in: **40-50 mins**

When we combined pepper with Parmesan to make the delectable coating on this schnitzel, we knew we were on to something special. But don't let us tell you, discover it for yourself!

Pantry items
Olive Oil, Plain Flour, Egg, Balsamic Vinegar

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
black peppercorns	1 sachet	2 sachets
pork schnitzel	1 packet	1 packet
plain flour*	2 tbs	½ cup
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	¾ packet	1½ packets
grated Parmesan cheese	1 packet	2 packets
flaked almonds	1 packet	2 packets
tomato	1	2
carrot	½	1
basil pesto	1 sachet (50g)	1 sachet (100g)
balsamic vinegar*	1½ tsp	3 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3265kJ (780Cal)	553kJ (132Cal)
Protein (g)	57g	9.6g
Fat, total (g)	36g	6.1g
- saturated (g)	6.8g	1.2g
Carbohydrate (g)	53.2g	9g
- sugars (g)	6.6g	1.1g
Sodium (mg)	879mg	149mg

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. Roast the potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the **potato** onto an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



4. Prep the salad

While the pork is cooking, roughly chop the **tomato**. Grate the **carrot** (see ingredients list).



2. Crumb the pork

While the potato is roasting, lightly crush the **black peppercorns** in a pestle and mortar or in their sachet using a rolling pin. Pull apart the **pork schnitzel**. In a shallow bowl, combine the **plain flour** and the **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** (see ingredient list), crushed **peppercorns** and **grated Parmesan cheese**. Dip each **pork schnitzel** into the **flour mixture**, followed by the **egg** and lastly in the **panko mixture**. Set aside on a plate.



3. Cook the pork schnitzels

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, stirring occasionally, until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a high heat and add **enough olive oil** to cover the base of the pan. Add the **pork** and cook until golden and cooked through, **1-2 minutes** each side (depending on thickness). Transfer to a plate lined with paper towel.

TIP: If your pan is getting crowded, cook in batches for the best results!



5. Bring it all together

Add the **basil pesto** to the roasted **potato** and toss to combine on the oven tray. In a medium bowl, combine the **balsamic vinegar**, a **pinch** of **salt** and **pepper**, the **tomato**, **carrot** and **mixed salad leaves**. Toss to combine just before serving.



6. Serve up

Divide the Parmesan crumbed pork schnitzel, pesto potatoes and balsamic salad between plates. Sprinkle the toasted flaked almonds over the salad and serve with the **garlic aioli**.

Enjoy!