



DEC
2016

Pork Schnitzel Fingers

with Parmesan Coleslaw

Crispy pork schnitzel fingers are fun to make, and even more fun to eat! We've paired it with a fresh crunchy Parmesan coleslaw that's dressed to impress.

 Prep
35 min

 level 1



Pork Tenderloin



Coleslaw Mix



Parmesan Cheese



Lemon



Panko Breadcrumbs



Green Beans



Parsley



White Wine
Vinegar



Mayonnaise

Ingredients

Pork Slices, ½-inch		2 pkg (680 g)
Coleslaw, shredded		1 pkg (340 g)
Parmesan Cheese, shredded	1)	1 pkg (113 g)
Lemon		1
Panko Breadcrumbs	2)	1 pkg (1½ cups)
Green Beans		2 pkg (340 g)
Parsley		1 pkg (14 g)
White Wine Vinegar	3)	1 pkg (2 tbsp)
Mayonnaise	4) 5)	4 pkg (4 tbsp)
Sugar*		½ tsp
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Wheat/Blé
- 3) Sulphites/Sulfites
- 4) Egg/Oeuf
- 5) Soy/Soja

Tools

Large Bowl, Large Non-Stick Pan, Shallow Dish, Zester

Ruler

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Nutrition per person Calories: 551 cal | Fat: 24 g | Protein: 53 g | Carbs: 33 g | Fiber: 6 g | Sodium: 816 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Wash and dry all produce. Finely chop the **parsley**. Zest, then cut the **lemon** in half.

3



3 Cook the green beans: Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **green beans**. Season with **salt** and **pepper**. Cook, stirring occasionally, until beans are tender-crisp, 4-5 min.

4



4 Bread the pork: Meanwhile, combine the **panko**, **remaining Parmesan**, **lemon zest** and **parsley** in a shallow dish. Pat the **pork pieces** dry with paper towels, then season with **salt** and **pepper**. Coat the pork with the **remaining mayonnaise**, then dip into the **breadcrumb mixture** to completely coat.

5



5 Transfer the **beans** to a plate. Add a generous drizzle of **oil** to the same pan. Add a few pieces of the **pork** and fry until golden, crispy, and cooked through, 1-2 min per side. (**TIP:** Do not crowd the pan - cook in batches if necessary!) Transfer the cooked pork to a paper towel-lined plate. Repeat with remaining pork.

6 Finish and serve: Divide the **coleslaw**, **schnitzels** and **green beans** between plates. Squeeze over more **lemon juice**, if desired. Enjoy!

DID YOU KNOW? After shallow-frying foods, transferring it to a paper-towel lined plate allows the paper towels to soak up any excess oil!

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