



JUL  
2016

## Summertime Pork Schnitzel with Yellow Squash, Tomatoes, and Yukon Golds

Comfort food without the guilt? Yes, please. We've given this Austrian classic a healthy makeover by ditching the heavy mashed potatoes in favor of a lighter potato and veggie hash. Plus, rather than frying, we bake these pork chops to perfection with an irresistible herbed crust.



Prep: 10 min  
Total: 30 min



level 1



nut free



Pork Chops



Panko  
Breadcrumbs



Sour Cream



Yukon Potatoes



Lemon



Dijon Mustard



Balsamic Vinegar



Yellow Squash



Parsley



Grape Tomatoes

## Ingredients

	2 People	4 People
Pork Chops	12 oz	24 oz
Panko Breadcrumbs	1) 2)	1 Cup
Sour Cream	3)	4 T
Yukon Potatoes	12 oz	24 oz
Lemon	1	2
Yellow Squash	1	2
Parsley	¼ oz	¼ oz
Grape Tomatoes	4 oz	8 oz
Dijon Mustard	2 t	4 t
Balsamic Vinegar	1 T	2 T
Oil*	5 t	10 t

\*Not Included

## Allergens

1) Wheat

2) Soy

3) Milk

## Tools

Large pot, Strainer,  
2 Small bowls, Zester,  
Plastic wrap, Large pan,  
Baking sheet

Ruler

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**Nutrition per person** Calories: 630 cal | Fat: 26 g | Sat. Fat: 7 g | Protein: 45 g | Carbs: 55 g | Sugar: 9 g | Sodium: 271 mg | Fiber: 9 g



1

**1 Cook the potatoes:** Wash and dry all produce. Preheat the oven to 400 degrees. Cut the **potatoes** into bite-sized pieces. Place the potatoes in a large pot with a pinch of **salt** and enough **water** so they're covered by 2 inches. Bring to a boil and cook 10-15 minutes, until fork-tender. Drain.



3

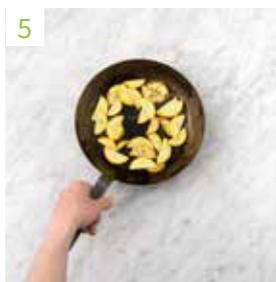
**2 Make the dressing:** In a small bowl, whisk together **2 teaspoons Dijon mustard**, **1 Tablespoon balsamic vinegar**, and a large drizzle of **oil** (to taste). Season with **salt** and **pepper**.



4

**3 Prep the remaining ingredients:** Zest and halve the **lemon**. Cut one half into wedges. Halve the **tomatoes**. Finely chop the **parsley**. Halve the **squash** lengthwise, then slice into half moons. Place the **pork chops** under a layer of plastic wrap and pound with a mallet or heavy-bottomed pan until about 1/2-inch thick.

**4 Bread the pork:** Place the **pork chops** on a lightly oiled baking sheet. In a small bowl, combine the **panko**, **parsley**, a drizzle of **oil**, and a pinch of **salt** and **pepper**. Spread the **sour cream** evenly over each pork chop. Spread the pork chops with the **breadcrumb mixture** and press to adhere. Place in the oven for 8 minutes. Then heat broiler to high (or oven to 500 degrees) and broil 2 minutes, until golden brown.



5

**5 Cook the veggies:** Meanwhile, heat a drizzle of **oil** in a large pan over medium-high heat. Add the **squash** and cook, tossing, for 5-6 minutes, until soft and golden brown. Add the **tomatoes** and toss another 1-2 minutes, until softened. Add the **potatoes** and **dressing** to the pan and toss to combine. Season generously with **salt** and **pepper**.

**6 Plate:** Serve the **herb-crusted pork** alongside the **potatoes** and **veggies**. Serve with a **lemon wedge** and a sprinkle of **lemon zest!**

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