



PORK SCHNITZEL

with Apple, Dill and Parmesan Salad

PRONTO



HELLO SCHNITZEL

An Austrian dish, schnitzel is meat pounded thin and cooked in oil or fat, either breaded or not

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 631



Pork Cutlet



Gala Apple



Mini Cucumber



Thyme



Dill



Panko Breadcrumbs



Parmesan Cheese, shredded



Mayonnaise



Dijon Mustard



White Wine Vinegar



Spring Mix

BUST OUT

- Large Non-Stick Pan
- Whisk
- Measuring Spoons
- Sugar (2 tsp | 4 tsp)
- Medium Bowl
- Salt and Pepper
- Paper Towel
- Olive or Canola oil
- Shallow Dish

INGREDIENTS

2-person | 4-person

- Pork Cutlet 340 g | 680 g
- Gala Apple 1 | 2
- Mini Cucumber 66 g | 132 g
- Thyme 10 g | 10 g
- Dill 10 g | 10 g
- Panko Breadcrumbs 1 ½ cup | 1 cup
- Parmesan Cheese, shredded 2 ½ cup | 1 cup
- Mayonnaise 3,4 2 tbsp | 4 tbsp
- Dijon Mustard 6,9 1 ¼ tsp | 2 ½ tsp
- White Wine Vinegar 9 2 tbsp | 4 tbsp
- Spring Mix 56 g | 113 g

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait
- 8 Sesame/Sésame
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 10 Crustacean/Crustacé
- 5 Tree Nut/Noix
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Prepping veggies upfront allows this recipe to come together with ease!



1 PREP Wash and dry all produce.* Core and cut the **apple(s)** into ½-inch cubes. Cut the **cucumber(s)** in half lengthwise, then thinly slice into ¼-inch half moons. Roughly chop the **dill**. Strip **1 tbsp thyme leaves** (double for 4 ppl) from the stems.



4 ASSEMBLE SALAD Meanwhile, in a medium bowl, whisk together the **mustard, vinegar** and **2 tsp sugar** (double for 4 ppl). Add the **apple, cucumber, spring mix, remaining Parmesan** and as much **dill** as you like. Toss to combine. Season with **salt and pepper**.



2 PREP SCHNITZELS In a shallow dish, combine the **panko, half the Parmesan** and **thyme**. Pat the **pork** dry with paper towels. Season with **salt and pepper**. Coat each piece of pork with the **mayonnaise**, then dip both sides in the panko mixture, pressing firmly so it sticks. Transfer to a plate.



5 FINISH AND SERVE Divide the **salad and pork schnitzels** between plates.



3 COOK SCHNITZELS Heat a large non-stick pan over medium heat. Add a generous drizzle of **oil**, then the **schnitzels**. (**TIP:** Cook in batches if your pan is too small.) Pan-fry until golden-brown and cooked through, 4-5 min per side. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F, as size may vary.**)

PERFECT PAIR!

Pork and apple go together beautifully. Adding thyme ties it all together!