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Pan-Fried Pork with Lemon & Parsley Butter Sauce

You may be more used to the crumbed German variety of schnitzel cuts, but this light, pan-fried version dish is classic Italian (and not a tomato in sight, what gives?) The rich, buttery lemon and parsley sauce is the perfect accompaniment to this clean and simple gathering of ingredients.



Prep: 10 mins



Cook: 20 mins



Total: 30 mins



high
protein



level 1



gluten
free

Pantry Items



Olive Oil



Butter



Potatoes



Broccoli



Pork Schnitzel



Garlic



Lemon



Parsley

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2P	4P	Ingredients
400 g	800 g	potatoes, cut into 2 cm pieces
1 head	1 head	broccoli, cut into florets
1 tbs	2 tbs	olive oil *
4 fillets	8 fillets	pork schnitzel
1 tbs	2 tbs	butter *
1 clove	2 cloves	garlic, peeled & crushed
½	1	lemon, juiced
½ bunch	1 bunch	parsley, finely chopped

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1890	Kj
Protein	42.3	g
Fat, total	16.9	g
-saturated	6.1	g
Carbohydrate	27.5	g
-sugars	1.9	g
Sodium	142	mg



You will need: *chef's knife, chopping board, garlic crusher, large saucepan, colander, medium frying pan, plate and aluminium foil.*

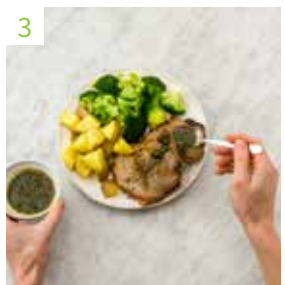
1 Place the **potatoes** in a large saucepan and cover with water. Add a pinch of **salt** and bring to the boil. Cook for **15 minutes** or until the potatoes are tender. Add the **broccoli florets** in the last **3 minutes** of the potato cooking time. Drain. Return to the saucepan. Drizzle with half of the **olive oil** and season with salt and **pepper**. Cover to keep warm.



2 Heat the remaining olive oil in a medium frying pan over a medium high heat. Add the **pork schnitzel** and cook for **1 minute** on each side. Then transfer them to a plate and cover with foil. Place the same frying pan back over the heat and melt the **butter**. Add the **garlic** and cook for **1 minute** or until fragrant. Add the **lemon juice** and **parsley** and cook for **1 minute** or until the sauce thickens slightly. Season to taste with salt and pepper.



3 Divide the vegetables and pork escalopes between plates. Drizzle the pork and vegetables with the lemon and parsley sauce.



Did you know? Broccoli was developed from wild cabbage during the ancient Roman times.