



SHAKE IT UP! PORK CUTLETS

with Garlic Bread and an Apple and Sunflower Seed Salad



HELLO CRISPY PORK

Just bag it, shake it, and fry it for delicious results in a snap.

PREP: 5 MIN | TOTAL: 25 MIN | CALORIES: 860



Garlic



Sour Cream
(Contains: Milk)



Fry Seasoning



Celery



Ciabatta Bread
(Contains: Wheat)



Sunflower Seeds



Panko Breadcrumbs
(Contains: Wheat)



Pork Cutlets



Apple



Lemon



Spring Mix Lettuce

START STRONG

If you don't have a zip-close bag on hand, sprinkle the panko mixture directly onto sour-cream-coated pork, pressing to adhere.



BUST OUT

- Zip-close bag
- Paper towels
- 2 Medium bowls
- Small bowl
- Large pan
- Baking sheet
- Vegetable oil (for frying)
- Butter (3 TBSP | 6 TBSP)
(Contains: Milk)
- Olive oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Garlic 1 Clove | 2 Cloves
- Panko Breadcrumbs ½ Cup | 1 Cup
- Sour Cream 2 TBSP | 4 TBSP
- Pork Cutlets* 12 oz | 24 oz
- Fry Seasoning 1 TBSP | 2 TBSP
- Apple 1 | 2
- Celery 3 Pieces | 6 Pieces
- Lemon 1 | 2
- Ciabatta Bread 1 | 2
- Spring Mix 2 oz | 4 oz
- Sunflower Seeds 1 oz | 2 oz

* Pork is fully cooked when internal temperature reaches 145 degrees.

WINE CLUB

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1 SEASON PANKO

Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry all produce.** Mince **1 clove garlic** (for 4 servings, mince 2 cloves). Place **panko** in a gallon-size zip-close bag and season with **salt** and **pepper** (we used 1 tsp kosher salt for 2 servings and 2 tsp for 4 servings).



4 COOK PORK

Heat a ¼-inch layer of **oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Once oil is hot (it should sizzle if you add a breadcrumb), remove **pork** from bag and add to pan (discard any panko that doesn't stick). Cook until panko is golden brown and crisp, 2-3 minutes per side. Transfer to a paper-towel-lined plate and set aside.

2 SHAKE PORK

Place **sour cream** in a medium bowl, then add **pork** and toss to coat. Place coated pork and **Fry Seasoning** in bag with **panko** and seal to close. Shake until pork is evenly coated. **TIP:** You may need to move around cutlets in bag, pressing with your hands, to spread out panko and make it stick.



5 TOAST BREAD

Meanwhile, in a small microwave-safe bowl, combine **garlic** and **3 TBSP butter** (6 TBSP for 4 servings). Microwave on high until butter melts, about 30 seconds. Place **ciabatta halves** cut sides up on a baking sheet and drizzle with butter mixture. Toast on top rack until crisp and golden, about 5 minutes. Halve on a diagonal to create triangles.



3 PREP

Halve and core **apple**, then slice into thin half-moons. Thinly slice **celery** on a diagonal. Cut **lemon** into wedges. Split **ciabatta** in half (as if you were making a sandwich).



6 TOSS SALAD AND SERVE

While ciabatta toasts, in another medium bowl, toss together **apple**, **celery**, **spring mix**, **sunflower seeds**, **1 TBSP olive oil** (2 TBSP for 4 servings), and a squeeze or two of **lemon juice**. Season with **salt** and **pepper**. Divide **pork**, salad, and **ciabatta** between plates. Serve with lemon wedges on the side for squeezing over pork.

SUNFLOWER POWER

We also love these toasty seeds in our yogurt and sprinkled over hummus.

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