



PORK SCHNITZEL FINGERS

with Lemony Coleslaw and Sugar Snap Peas



HELLO

SCHNITZEL

A very thin cutlet of meat that is breaded, then fried

PREP: 20 MIN | TOTAL: 35 MIN | CALORIES: 545



Pork Tenderloin



Parsley



Lemon



White Wine Vinegar



Mayonnaise



Coleslaw, shredded



Sugar Snap Peas, trimmed



Panko Breadcrumbs



Parmesan Cheese, grated

BUST OUT

- Large Bowl
- Baking Sheet
- Large Non-Stick Pan
- Sugar (½ tsp)
- Shallow Dish
- Salt
- Zester
- Pepper
- Whisk
- Olive or Canola oil

INGREDIENTS

4-person

- Pork Tenderloin 2 pkg (680 g)
- Parsley 1 pkg (10 g)
- Lemon 1
- White Wine Vinegar 9 1 bottle (2 tbsp)
- Mayonnaise 3 6 pkg (4 tbsp)
- Coleslaw, shredded 1 pkg (340 g)
- Sugar Snap Peas, trimmed 2 pkg (454 g)
- Panko Breadcrumbs 1 1 pkg (1½ cups)
- Parmesan Cheese, grated 2 1 pkg (56 g)

ALLERGENS

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

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

START STRONG

Preheat the broiler to **high** (to broil the sugar snap peas). Make sure the oil in the pan is nice and hot before adding the schnitzels – this will ensure they get nice and crispy without overcooking!



1 PREP

Wash and dry all produce.

Finely chop the **parsley**. Zest, then juice the **lemon**.



2 MAKE SLAW

In a large bowl, whisk together the **vinegar, sugar, half the mayo** and **1 tbsp lemon juice**. Taste, then add more lemon juice, **1 tsp** at a time, if you want the dressing more tangy. Season with **salt** and **pepper**. Add the **coleslaw mix**. Set aside.



3 BROIL PEAS

Toss the **peas** on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Broil in the centre of the oven until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer the peas to a plate and cover with foil to keep warm.



4 PREP SCHNITZEL

Meanwhile, in a shallow dish, combine the **panko, lemon zest, parsley** and **Parmesan**. Pat the **pork tenders** dry with paper towels. Season with **salt** and **pepper**. Coat the pork with the **remaining mayo**, then dip into the panko mixture to coat completely.



5 COOK SCHNITZEL

Heat a large non-stick pan over medium-high heat. Add a generous drizzle of **oil**, then **4-5 schnitzel fingers**. Fry until golden-brown and cooked through, 1-2 min per side. Transfer to a paper towel-lined plate. Repeat with remaining schnitzel.



6 FINISH AND SERVE

Divide the **coleslaw, schnitzel** and **sugar snap peas** between plates.

AMAZING!

These schnitzels are crispy and finger-licking good.