



U C O O K

— COOKING MADE EASY

Crispy Panko Pork Schnitzel

with lemon burnt butter sauce & a Mediterranean salad

A juicy cut of pork, enclosed in a golden panko crust and bathed in a luscious sauce of burnt butter, lemon, and Provençal Rub. No schnitzel supper is complete without the freshness of a side salad, enhanced by the tang and texture of artichoke hearts.

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Alex Levett

 **Easy Peasy**

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Ingredients & Prep

| | |
|-------|--|
| 160ml | Cake Flour |
| 400ml | Panko Breadcrumbs |
| 100ml | Grated Italian-Style Hard Cheese |
| 600g | Pork Schnitzel (without crumb) |
| 160g | Salad Leaves <i>rinsed</i> |
| 200g | Cucumber <i>thinly sliced into half-moons</i> |
| 100g | Pitted Kalamata Olives <i>drained & roughly chopped</i> |
| 200g | Artichoke Heart Quarters <i>drained</i> |
| 3 | Garlic Clove <i>peeled & grated</i> |
| 40ml | NOMU Provençal Rub |
| 2 | Lemon <i>cut into wedges</i> |
| 60ml | Balsamic Glaze |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Paper Towel
Egg/s

1. PREP YOUR CRISPY CRUST Preheat the oven to 100°C. Whisk 2 eggs in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly) and the other containing the breadcrumbs and grated hard cheese (mixed together). Coat one schnitzel in the flour first, then in the egg, and lastly in the cheesy breadcrumbs. When coating in the breadcrumbs, press them into the meat so they stick and coat evenly. Make sure the schnitzel is fully coated in each mixture before moving on to the next. Dust off any excess in between coatings. Repeat with each schnitzel.

2. AN EXTRA SPECIAL SALAD Place the rinsed salad leaves, cucumber half-moons, chopped olives, and drained artichokes in a salad bowl. Toss together with a drizzle of oil and some seasoning. Set aside for serving.

3. OH MY, THAT CHEESY CRUNCH! Place a large pan over a medium-high heat with enough oil to cover the base. When hot, fry the schnitzels for 2-3 minutes per side until golden and cooked through. You may need to do this step in batches. Remove from the pan on completion and allow to drain on some paper towel. Place the cooked schnitzels on a baking tray and pop in the oven to keep warm until serving.

4. LEMONY BURNT BUTTER SAUCE Wipe down the pan and return to a medium heat. Add in 100g of butter, the grated garlic, and the Provençal Rub to taste. Bring to a simmer and stir until the butter begins to foam and turn golden brown. Remove from the heat and squeeze in the juice of 3 lemon wedges. Stir to combine and season to taste.

5. A FRESH & SATISFYING DINNER Plate the crispy pork schnitzel and pour over the lemon and burnt butter sauce to taste. Serve the Mediterranean salad on the side with drizzles of balsamic glaze and a lemon wedge. How easy was that, Chef?



Chef's Tip

Artichokes are high in fiber, vitamin C, vitamin K, vitamin B6, and magnesium. They're also packed with important antioxidants for healthy cells and an optimally functioning body. Toss artichoke hearts through salads or roast veg to give them extra tang and texture.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 536kJ |
| Energy | 128Kcal |
| Protein | 10.4g |
| Carbs | 16g |
| of which sugars | 4.6g |
| Fibre | 1.8g |
| Fat | 2.7g |
| of which saturated | 0.8g |
| Sodium | 265mg |

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days