



UCOOK

Healthy Pork Parmigiana

with a ricotta topping & cannellini bean salad

A new (and healthy!) take on a parmigiana. Tasty pork topped with tomato slices and ricotta, baked in the oven and served with a cannellini bean & sun-dried tomato salad.

Hands-On Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Hannah Duxbury

♥ Health Nut

🍷 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

60g	Cannellini Beans <i>drained & rinsed</i>
5ml	NOMU Provençal Rub
150g	Pork Schnitzel (without crumb)
50g	Ricotta
1	Tomato <i>sliced into thin rounds</i>
20g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
10ml	Balsamic Vinegar
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. CRUNCHY CANNELLINI Preheat the oven to 200°C. Place the drained cannellini beans on a roasting tray. Coat in oil, some seasoning, and ½ the rub. Roast in the hot oven for 20-25 minutes until crispy, shifting halfway.

2. PORK PARMIGIANA When the beans are halfway, place a pan over a high heat with a drizzle of oil, a knob of butter, and the remaining rub. When hot, add the schnitzels and fry for 30-60 seconds per side until golden but not cooked through, basting in the butter as you go. On completion, transfer to a greased baking tray. Sprinkle over the ricotta, top with a few of the tomato slices, and some seasoning. Pop in the hot oven and roast for 1-2 minutes until the schnitzels are cooked through. On completion, remove from the oven and set aside to rest for a few minutes before serving.

3. BEAN SALAD In a bowl, add the chopped sun-dried tomatoes, the roasted cannellini beans, the balsamic vinegar, a sweetener of choice (to taste), seasoning, and a drizzle of oil. Toss until fully combined.

4. SERVICE, CHEF! Make a bed of the rinsed green leaves and top with the healthy pork parmigiana. Serve with the loaded bean salad alongside. Easy peasy, Chef!

Nutritional Information

Per 100g

Energy	446kJ
Energy	107Kcal
Protein	11.4g
Carbs	6g
of which sugars	2.4g
Fibre	1.6g
Fat	3.9g
of which saturated	1.7g
Sodium	144mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days