



UCOOK

Pork & German-style Potato Salad

with sautéed green cabbage & fresh
chives

A mouthwatering plate of juicy-on-the-inside, crispy-on-the-outside pork schnitzel, sided with a cabbage and potato salad that has a welcome warmth of Dijon mustard, dotted with pops of briny gherkins & fresh chives.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 *NEW Simple & Save

 Strandveld | First Sighting Rosé

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Ingredients & Prep

200g	Potato <i>peeled (optional) & cut into bite-sized pieces</i>
100g	Cabbage <i>finely sliced</i>
15ml	Dressing <i>(10ml White Wine Vinegar & 5ml Dijon Mustard)</i>
150g	Pork Schnitzel (without crumb)
5ml	NOMU One For All Rub
25g	Gherkins <i>drained & roughly chopped</i>
4g	Fresh Chives <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. LET IT BOIL Place a pot of cold salted water over a high heat. Add the potato pieces and bring to the boil. Once boiling, reduce the heat and simmer until soft, 10-15 minutes. Drain on completion.

2. SAUERKRAUT-INSPIRED STEP Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the sliced cabbage until softened, 2-3 minutes (shifting occasionally). Add the dressing, a drizzle of oil, and a sweetener. Mix until combined. Once combined, immediately remove from the pan and place in a salad bowl.

3. FRY BABY Return the pan to a high heat with a drizzle of oil. When hot, pan-fry the schnitzel until golden and cooked through, 30-60 seconds per side. In the final minute, baste with 20g of butter or a drizzle of oil and the NOMU rub. Remove from the pan, season and reserve the remaining pan juices.

4. MIX IT UP To the bowl with the cabbage, add the cooked potatoes, the chopped gherkins, ½ the chopped chives, seasoning and mix until combined.

5. LET'S EAT! Pile up the potato salad, alongside with the juicy pork, drizzling over the remaining pan juices. Sprinkle over the remaining chives. Delish work, Chef!

Nutritional Information

Per 100g

Energy	334kJ
Energy	80kcal
Protein	8.3g
Carbs	9g
of which sugars	1.2g
Fibre	1.6g
Fat	1.3g
of which saturated	0.4g
Sodium	124mg

Allergens

Allium, Sulphites

Cook
within 2
Days