



# UCOOK

## Guilt-free Pork Schnitzly

with honey-glazed butternut & flaked almonds

This mouth-watering schnitzel number is carb-conscious and veg-packed — so tuck in with a confident crunch! With a hard cheese & almond flour crumb, a lemony yoghurt dressing, and nutritious kale.

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**Hands-on Time:** 15 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Carb Conscious

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 Paul Cluver | Village Chardonnay 2022

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## Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i>
1	Tomato <i>rinse &amp; cut into wedges</i>
10g	Almonds
50ml	Low Fat Plain Yoghurt
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
20ml	Lemon Juice
50g	Kale <i>rinse &amp; roughly shred</i>
15ml	Honey
150g	Pork Schnitzel (without crumb)
20ml	Chickpea Flour
70ml	Guilt-free Crumb <i>(40ml Almond Flour, 20ml Grated Italian-style Hard Cheese &amp; 10ml NOMU Provençal Rub)</i>

## From Your Kitchen

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

**1. ROAST VEG** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In a bowl, combine the tomato wedges with a drizzle of oil and seasoning.

**2. TOAST & SOME PREP** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. In a bowl, combine the yoghurt, the chopped parsley, ½ the lemon juice, and seasoning. Place the shredded kale in another bowl with a drizzle of olive oil, the remaining lemon juice, and seasoning. Using your hands, massage the kale until soft and coated in oil. Set aside for serving. If you prefer cooked kale, scatter it over the roasting veg in the final 3-4 minutes until crispy.

**3. TASTY TOMATOES** When the butternut pieces have been roasting for 10-15 minutes, add the dressed tomato wedges to the other side of the tray and return the tray to the oven. Roast for the remaining time. In the final 5 minutes, drizzle the honey over the butternut.

**4. GET MESSY** Pat the pork schnitzel dry with paper towel. Whisk 1 egg in a shallow dish with 1 tsp of water. Prepare two more shallow dishes: one containing the chickpea flour and the other containing the guilt-free crumb. Coat the schnitzel in the flour first, then in the egg mixture, and, lastly, lightly coat in the crumb. Dust off any excess in between coatings.

**5. GOLDEN DELUXE** Return the pan to medium-high heat with enough oil to cover the base. When hot, fry the schnitzels until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, drain on paper towel, and season.

**6. DINNER'S UP!** Scoop up some glazed, roast butternut and tomatoes. Serve the crumbed schnitzel with the lemony kale on the side. Drizzle over the yoghurt dressing and garnish with the toasted almond flakes. Delicious!



## Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	442kJ
Energy	106kcal
Protein	7.9g
Carbs	10g
of which sugars	4.3g
Fibre	2.1g
Fat	3.2g
of which saturated	0.7g
Sodium	117mg

## Allergens

Egg, Tree Nuts, Cow's Milk

Cook  
within 2  
Days