



# UCOOK

## Almond-crumbed Pork Schnitz

### Schnitty

with radish & a red pepper and crème fraîche sauce

We all know the proof of a schnitzel is in its crumb. And once you've made this recipe, you'll have all the evidence that our ground almond & quinoa flakes combo is the way to go! Coated around tender pork and fried until crispy and golden, then sided with a crunchy fresh salad and creamy pickled red pepper sauce.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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 Carb Conscious

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 Waterford Estate | Range Chardonnay 2018

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## Ingredients & Prep

2	Gem Squash
60ml	Crème Fraîche
50g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
150ml	Almond Crumb <i>(80ml Ground Almonds &amp; 70ml BIO XXI Quinoa Flakes)</i>
300g	Pork Schnitzel (without crumb)
40g	Green Leaves <i> rinsed &amp; roughly shredded</i>
100g	Cucumber <i>cut into bite-sized chunks</i>
40g	Radish <i> rinsed &amp; sliced into rounds</i>
10ml	Red Wine Vinegar

## From Your Kitchen

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

**1. DISCOVERING A GEM** Place the gem squash in a pot. Fully submerge in water, and place over high heat. Once boiling, cook for 20-25 minutes until easily pierced through with a knife. Remove from the pot and cut in half. Scoop out the seeds and discard. Pop a knob of butter or drizzle of oil and seasoning into each half and cover to keep warm.

**2. PASS THE PICKLED PEPPERS** In a small bowl, combine the crème fraîche, the chopped pickled peppers, and seasoning. Loosen with water in 5ml increments until a yoghurt consistency. Set aside.

**3. CRUMB, CRUMBING, CRUMBED** Whisk 1 egg in a shallow dish with a splash of water. Prepare a second dish containing the almond crumb (seasoned lightly). Coat the schnitzels in the egg first, and then lightly coat in the crumb.

**4. PUT THE ITZEL IN SCHNITZEL** Place a pan over medium-high heat with a drizzle of oil. When hot, add the crumbed schnitzels and fry for 1-2 minutes per side until golden and cooked through. Drain on paper towel.

**5. SALAD SENSATION** In a bowl, combine the shredded green leaves, the cucumber chunks, the radish rounds, the vinegar (to taste), a drizzle of oil, and seasoning.

**6. CRISPY? TICK! CREAMY? TICK!** Plate up the gem squash halves. Side with the crispy schnitzel and the loaded salad. Serve with the pepper crème fraîche for dunking. A simple delight, Chef!



## Chef's Tip

If you have time, blend the crème fraîche and pickled peppers to make a creamy, smooth sauce. Loosen with water in 5ml increments until a yoghurt consistency.

## Nutritional Information

Per 100g

Energy	487kJ
Energy	117kcal
Protein	8.1g
Carbs	9g
of which sugars	1.6g
Fibre	1.7g
Fat	5g
of which saturated	1.8g
Sodium	68mg

## Allergens

Dairy, Sulphites, Tree Nuts

Cook  
within 2  
Days