



UCOOK

Pork Schnitzel & Lemon Potatoes

with a green salad & flaked almonds

Crispy pork schnitzel served alongside zesty lemony potatoes, with a fresh side salad of green leaves drenched in a delicious pesto drizzle. Sprinkled with crunchy flaked almonds to finish it off, there really isn't anything else we could add to this amazing dish!


Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

200g	Potato <i>rinsed & cut into wedges</i>
1	Lemon <i>½ zested & cut into wedges</i>
10g	Flaked Almonds
150g	Pork Schnitzel (without crumb)
20g	Green Leaves <i>rinsed</i>
15ml	Real Food Factory Hemp Seed & Rocket Pesto
30ml	Sour Cream
4g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. ZESTY POTS Preheat the oven to 200°C. Place the potato wedges on a roasting tray, coat in oil, and seasoning. Roast in the hot oven for 30-35 minutes, until cooked through and starting to crisp. On completion, sprinkle over ½ the lemon zest and a squeeze of lemon juice.

2. TOASTY NUTS Place the flaked almonds in a nonstick pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. DON'T SNITCH Return the pan to a high heat with a drizzle of oil. When hot, pan-fry the schnitzel for 30-60 seconds per side until golden and cooked through. In the final minute, use a knob of butter to baste the schnitzel. Season to taste.

4. SALAD & SOUR CREAM In a salad bowl, add the green leaves, the pesto, a drizzle of oil, seasoning, and ½ the toasted flaked almonds. Set aside. Combine the sour cream with the remaining lemon zest and seasoning.

5. THE MAIN EVENT Plate up the crispy schnitzel and drizzle over any remaining pan juices. Side with the lemony potato wedges. Serve with the pesto salad and a dollop of the zesty sour cream for dipping. Sprinkle over the chopped parsley and the remaining almonds. Serve with a lemon wedge and dive in, Chef!

Nutritional Information

Per 100g

Energy	510kJ
Energy	122Kcal
Protein	9.8g
Carbs	10g
of which sugars	1g
Fibre	2.1g
Fat	5g
of which saturated	1.3g
Sodium	5mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within 2
Days