



UCOOK

Smoky Pork & Rosemary Butter

with cheesy sweet potato mash & crunchy green beans

This pork schnitzel sizzles in a smoky paprika and rice-flour coating. Lavishly splashed with thick rosemary infused burnt butter and elevated by sides of cheesy sweet potato mash, and a crunchy green bean and piquanté pepper salad.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

♥ Health Nut

🍷 Haute Cabrière | von Arnim Family Reserve

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Ingredients & Prep

250g	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
15ml	Grated Italian-style Hard Cheese
100g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
20g	Salad Leaves <i>rinsed</i>
25g	Piquanté Peppers <i>drained & roughly chopped</i>
32,5ml	Smoky Coating <i>(30ml Rice Flour & 2,5ml Smoked Paprika)</i>
150g	Pork Schnitzel (without crumb)
5g	Fresh Rosemary <i>rinsed & dried</i>

From Your Kitchen

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

1. SWEET, CHEESY MASH Preheat the oven to 200°C. Boil the kettle. Place a pot over a medium-high heat with 3-4cm of boiling water covering the base. Once bubbling rapidly, place the sweet potato chunks in a colander over the pot. Cover and allow to steam for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one. On completion, place in a bowl with the hard cheese and a splash of milk or water. Add a knob of butter or coconut oil (optional) and some seasoning. Mash with a fork or potato masher until desired consistency. Cover to keep warm and set aside for serving.

2. CRUNCHY GREENS Place a pan over a medium-high heat with a splash of water. When starting to bubble, simmer the sliced green beans for 3-4 minutes until cooked al dente. Drain on completion and place in a salad bowl.

3. PEPPY SALAD Add the rinsed salad leaves, chopped piquanté peppers, and 10ml of olive oil to the bowl with green beans. Toss to combine, season, and set aside for serving.

4. SMOKY SCHNITZY Place the smoky coating in a shallow dish and mix in some seasoning. In a second shallow dish, whisk 1 egg with 2 tsp of water. Pat the pork dry with paper towel. Coat in the egg and then in the flour, dusting off any excess flour on completion. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the pork for 1-2 minutes per side until cooked through and golden. Remove from the pan, place on paper towel and cover to keep warm — set aside for serving.

5. GOLDEN BUTTER Wipe down the pan if necessary and return it to a medium-high heat with 30g of butter. Once foaming, add in the rinsed rosemary sprigs and spread out in a single layer. Fry for 1-2 minutes until the butter has a nutty aroma and the leaves are crispy — watch closely to make sure they don't burn! On completion, remove the pan from the heat.

6. WARM, INDULGENT & NOURISHING Plate up the cheesy mash alongside the golden schnitzel. Drizzle over the rosemary burnt butter and side with the peppery salad. Get ready to feast!



Chef's Tip

To prevent the coating from sticking to your hands, instead of the schnitzel, make sure to use one hand to coat with the egg mixture and the other hand to coat with the flour.

Nutritional Information

Per 100g

Energy	395kJ
Energy	94Kcal
Protein	7.5g
Carbs	12g
of which sugars	4.1g
Fibre	1.9g
Fat	1.4g
of which saturated	0.5g
Sodium	56mg

Allergens

Egg, Dairy, Sulphites

Cook
within 2
Days