



# 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!

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People


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**Chef:** Kate Gomba

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 Fan Faves

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 Niel Joubert | Grüner Veltliner

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## Ingredients & Prep

400g	Potato <i>rinsed &amp; cut into wedges</i>
1	Lemon <i>zested &amp; cut into wedges</i>
20g	Flaked Almonds
300g	Pork Schnitzel (without crumb)
40g	Green Leaves <i>rinsed</i>
30ml	Real Food Factory Hemp Seed & Rocket Pesto
65ml	Sour Cream
8g	Fresh Parsley <i>rinsed &amp; 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 schnitzels for 30-60 seconds per side until golden and cooked through. In the final minute, use a knob of butter to baste the schnitzels. 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 schnitzels 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