



# U C O O K

— COOKING MADE EASY

## GOURMET CAPER-GAR-LIC PORK

**with roast butternut & a pink lady apple salad**

The saltiness of pork and the light, natural sweetness of apple and caramelised butternut make a truly satisfying marriage. Magnified by crispy roast chickpeas and a sophisticated caper, onion, and garlic sauce.

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**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Samantha Finnegan

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**Health Nut**

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## Ingredients & Prep

250g	Butternut rinsed & cut in half length- ways
2g	Fresh Rosemary
60g	Chickpeas drained & rinsed
5ml	Chicken Stock
150g	Pork Schnitzel
20ml	Corn Flour
1	Onion one half peeled & finely sliced
1	Garlic Clove peeled & grated
10g	Capers drained & roughly chopped
1	Pink Lady Apple
20g	Green Leaves rinsed
10ml	Cabernet Sauvignon Vinegar

## From Your Kitchen

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

**1. ROAST THE BUTTERNUT** Preheat the oven to 200°C. Boil the kettle. Deseed the butternut halves and cut into 1.5cm thick half-moons. Spread out on a roasting tray with the rinsed rosemary sprigs. Coat in oil, season, and roast in the hot oven for 30-35 minutes.

**2. TOASTY CHICKPEAS** Place the drained chickpeas in a bowl, coat in oil, and season. When the butternut half-moons reach the halfway mark, remove the tray from the oven and flip them over. Add in the chickpeas and spread them out in a single layer. Return the tray to the oven for the remaining cooking time. On completion, the chickpeas should be nice and crispy and the butternut should be cooked through and caramelised.

**3. PORK PREP** Dilute the stock with 75ml of boiling water and set aside. Pat the pork schnitzel dry with some paper towel and season. Place the corn flour in a shallow dish and use it to fully coat the pork. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, dust off any excess corn flour from the schnitzel and pan fry for 1-2 minutes per side until golden, but not cooked through. Remove from the pan on completion.

**4. SIMMERING SAUCE** When the roast has 10 minutes to go, wipe down the pan and return to a medium heat with a drizzle of oil or knob of butter. When hot, sauté the sliced onion for 3-4 minutes until soft and translucent. Add the grated garlic and chopped capers and fry for another minute. Stir in the diluted stock, then allow to simmer for 4-5 minutes until reduced. Return the pork to the pan and simmer for 1-2 minutes each side until cooked through. The excess corn flour from the pork will naturally thicken the sauce. On completion, season to taste and leave over a very low heat to keep warm while assembling the salad.

**5. FRESHNESS** Just before serving, cut one half of the apple into thin matchsticks and place in a salad bowl with the rinsed green leaves. Toss through some cab sauv vinegar, a drizzle of oil, and seasoning to taste. Remove the thick rosemary stalks from the roasting tray and discard.

**6. PORK FEAST** Scoop up a generous portion of roast butternut and crispy chickpeas alongside the pork schnitzel. Spoon over the caper and onion sauce and serve with the fresh apple salad on the side. Yummm!



## Chef's Tip

The butternut skin adds flavour and nutrients, but can be removed if you prefer!

## Nutritional Information

Per 100g

Energy	370kJ
Energy	88Kcal
Protein	6.1g
Carbs	12g
of which sugars	3.1g
Fibre	1.9g
Fat	1.1g
of which saturated	0.3g
Salt	0.3g

## Allergens

Allium, Sulphites

Cook  
within 2  
Days