



UCOOK

Pork & Blue Cheese Wedge Salad

with radish rounds, fresh chives &
beetroot

This salad is a delicious gem of a dish. A beautifully browned pork schnitzel lies next to gem lettuce halves drizzled with a blue cheese dressing - a perfect match. Radish rounds & fresh chives add a nice fresh crunch, while roasted beetroot adds a touch of sweetness to balance out the creamy feta. It's a simple showstopper, Chef!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Pebble Hill 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized chunks</i>
10ml	NOMU Provençal Rub
10g	Blue Cheese
20ml	Cottage Cheese
4g	Fresh Chives <i>rinsed & finely chopped</i>
10g	Pumpkin Seeds
150g	Pork Schnitzel (without crumb)
1 head	Baby Gem Lettuce <i>stem removed, rinsed & cut in half lengthways</i>
20g	Radish <i>cut into rounds</i>
30g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

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

1. RUBY GEMS Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray. Coat in oil, ½ the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

2. BLUE CHEESE SAUCE In a small bowl, add the blue cheese (to taste) and the cottage cheese. Mix with a fork or potato masher until combined. Add water in 5ml increments until a drizzling consistency. Add ½ the chopped chives, season, and set aside.

3. THAT'S SEEDY Place the pumpkin seeds in a pan over medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside to cool.

4. BEEF IT UP When the beetroot has 10 minutes remaining, return the pan to a high heat with a drizzle of oil. Pat the schnitzels dry with paper towel. When the pan is hot, fry the schnitzels for 30-60 seconds per side until golden and cooked through. In the final minute, baste with a knob of butter and the remaining rub. Season to taste.

5. DELISH, CHEF! Drizzle the blue cheese sauce over the gem lettuce halves. Top with the radish rounds. Side with the schnitzel and the beetroot sprinkled with the crumbled feta. Scatter over the pumpkin seeds and the remaining chives. Dive in!

Nutritional Information

Per 100g

Energy	321kj
Energy	77kcal
Protein	7.8g
Carbs	3g
of which sugars	1.3g
Fibre	1.3g
Fat	3g
of which saturated	1.5g
Sodium	122mg

Allergens

Dairy, Allium

Cook
within
4 Days