



UCCOOK

Quick Pork al Limone

with orzo & crispy sage

Our nutritious take on an Italian classic! Pork schnitzel lathered in a lemon white wine sauce, served on a bed of orzo — all topped with crispy burnt-butter sage leaves and Italian-style cheese.


Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Easy Peasy

 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

100ml	Orzo
10ml	Chicken Stock
150g	Pork Schnitzel (without crumb)
45ml	Spiced Flour <i>(40ml Cake Flour & 5ml NOMU Italian Rub)</i>
4g	Fresh Sage <i>rinsed, picked & dried</i>
1	Garlic Clove <i>peeled & grated</i>
50ml	White Wine
1	Lemon <i>½ cut into wedges</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
20g	Baby Spinach <i>rinsed</i>
20g	Italian-style Hard Cheese <i>peeled into ribbons</i>

From Your Kitchen

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

1. BUBBLING ORZO Boil a full kettle. Fill a pot for the orzo with 200ml of salted boiling water. Once the water is boiling rapidly, cook the orzo for 7-10 minutes until cooked al dente. Remove from the heat on completion, drain if necessary, and toss through some oil to prevent sticking. Dilute the stock with 80ml of boiling water.

2. PORK PARTY Pat the pork schnitzel dry with some paper towel. Place the spiced flour (lightly seasoned) in a shallow dish. Coat the schnitzels in the flour mixture, dusting off any excess. Place a pan (large enough for the orzo) over a medium-high heat with a drizzle of oil. When hot, fry the schnitzels for 1-2 minutes per side until cooked through, and golden. Remove from the pan on completion, cover with a plate to keep warm, and rest for 3-5 minutes before slicing.

3. BETTER WITH SAGE Return the pan to a medium heat with a drizzle of oil and a generous knob of butter. Once foaming, fry the rinsed, dried sage leaves for 1 minute per side until crispy. (To make this easier, use tongs if you have them!) On completion, allow the crispy leaves to drain on some paper towel.

4. MAKE THE PAN SAUCE Keeping the pan on the heat (with the remaining butter and oil), add the grated garlic. Fry for 30-60 seconds, until fragrant, shifting constantly. Add the white wine and leave to reduce until almost all evaporated. Pour in the diluted stock and bring to a simmer for 2-3 minutes until thickened slightly. Season with a squeeze of lemon juice, salt and pepper. Add the cooked orzo, ½ the chopped parsley and ½ the rinsed spinach. Mix until fully combined.

5. FRESHNESS In a salad bowl, toss the remaining spinach with some olive oil, a squeeze of lemon juice and some seasoning.

6. SIMPLE DINNER! Plate up the saucy orzo. Top with the crisp pork schnitzel slices and garnish with the crispy sage leaves, the hard cheese ribbons and the remaining parsley. Serve the dressed leaves on the side. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	783kJ
Energy	187Kcal
Protein	13.9g
Carbs	22g
of which sugars	1.3g
Fibre	1.8g
Fat	3.6g
of which saturated	1.2g
Sodium	372mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within 2
Days