



# UCCOOK

## Sage Potatoes & Apple Pork

with apple sauce

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Simple & Save:** Serves 1 & 2

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**Chef:** Kate Gomba

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**Wine Pairing:** Paul Cluver | Village Chardonnay

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### Nutritional Info

	Per 100g	Per Portion
Energy	349kJ	2756kJ
Energy	84kcal	659kcal
Protein	5.4g	42.3g
Carbs	12g	96g
of which sugars	5.2g	41.1g
Fibre	1.5g	12.2g
Fat	1g	8.1g
of which saturated	0.2g	1.8g
Sodium	97mg	761mg

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**Allergens:** Sulphites, Cow's Milk, Allium

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**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
250g	500g	Baby Potatoes <i>rinse &amp; cut in half</i>
3g	5g	Fresh Sage <i>rinse, pick &amp; dry</i>
150g	300g	Pork Schnitzel (without crumb)
10ml	20ml	NOMU BBQ Rub
1	1	Onion <i>peel &amp; roughly dice ½ [1]</i>
1	1	Apple <i>rinse, peel, core &amp; roughly dice ½ [1]</i>
40ml	80ml	Apple Sauce <i>(10ml [20ml] Mustard, 20ml [40ml] Vinegar &amp; 10ml [20ml] Sugar)</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter

- 1. SAGE POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to medium heat. Add 15g [30g] of butter and the sage. Cook until the leaves are crispy and the butter is golden, 2-4 minutes, shaking the pot (occasionally).
- 2. BBQ PORK** Place a pan over high heat with a drizzle of oil. Pat the schnitzel dry with paper towel, coat with NOMU rub, and season. When hot, sear the schnitzel until browned, 30-60 seconds per side. Remove from the pan and cut into strips.
- 3. APPLE PORK** Return the pan, wiped down, to medium heat with a drizzle of oil if necessary and a knob of butter. Fry the onion and the apple (to taste) until slightly caramelised, 4-6 minutes (shifting occasionally). Mix in the apple sauce and the pork strips. Simmer until combined, and the pork is warmed through, 2-3 minutes. Remove from the heat and season.
- 4. TIME TO DINE** Bowl up the sage potatoes, top with the apple pork, and garnish with the parsley. Well done, Chef!