



# UCOOK

## Crispy Green Bean "Fries" & Pork

with a loaded roasted butternut salad

Pork schnitzel is pan fried and basted in butter, before being splattered with a delicious lashing of Pesto Princess Chimichurri Sauce. It is sided with a roasted butternut, toasted pumpkin seed & bocconcini salad, and crisp cheese-crumbed green bean "fries"!

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Adventurous Foodie

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 Leopard's Leap | Chardonnay Pinot Noir

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## Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) &amp; cut into bite-sized chunks</i>
10g	Pumpkin Seeds
20ml	Cake Flour
50ml	Panko Breadcrumbs
20ml	Grated Italian-style Hard Cheese
80g	Green Beans <i>rinsed &amp; trimmed</i>
150g	Pork Schnitzel (without crumb)
20g	Green Leaves <i>rinsed</i>
1	Lemon <i>½ cut into wedges</i>
3	Bocconcini Balls <i>drained &amp; cut in half</i>
30ml	Pesto Princess Chimichurri

## From Your Kitchen

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

**1. GOLDEN BUTTERNUT** Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

**2. PUMP SEEDS** Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and place in a bowl.

**3. OH, CRUMBS!** When the butternut has 10-15 minutes remaining, prepare a shallow bowl with the flour, seasoned lightly. Prepare two more shallow bowls: one containing 1 egg whisked with 1 tbsp of water, and another containing a mixture of the breadcrumbs and the grated cheese. Dip the trimmed green beans in the dry flour mixture, followed by the egg mixture, and finally the breadcrumbs. On completion, place them on a lightly greased baking tray in a single layer and pop in the hot oven for 10-12 minutes until browned and crisp, shifting halfway.

**4. FRY & BASTE** Pat the pork schnitzel dry with some paper towel. Return the pan to a high heat with a drizzle of oil. When hot, pan-fry the schnitzel for 30-60 seconds per side until golden and cooked through. In the final minute, use a knob of butter to baste the schnitzel. Remove from the pan on completion and season.

**5. SALAD & CHIMICHURRI** To the bowl with the toasted seeds, add the rinsed green leaves, the roasted butternut, a squeeze of lemon juice, the halved bocconcini balls, a drizzle of oil, and seasoning. Toss until fully combined. In a small bowl, loosen the chimichurri sauce with oil in 5ml increments until drizzling consistency.

**6. GREEN FRIES & PORK!** Plate up the crispy green bean fries. Side with the pork schnitzel, and drizzle over some of the loosened chimichurri sauce. Serve with the butternut salad and a lemon wedge. Dunk the green bean fries in the remaining chimichurri sauce. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	519kJ
Energy	128kcal
Protein	8.7g
Carbs	11g
of which sugars	1.9g
Fibre	1.8g
Fat	4.5g
of which saturated	1.7g
Sodium	4mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites

Cook  
within 2  
Days