



UCOOK

German-style Potato Salad & Pork Strips

with fresh salad leaves, sauerkraut & a zingy dressing

Pork strips are cooked to perfection and basted in a fragrant NOMU Coffee Rub. They are served alongside a flavourful German-style potato salad with fried onion, green cabbage, sauerkraut, and gems of gherkin!


Hands-On Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

250g	Potato Chunks <i>cut into bite-sized pieces</i>
1	Red Onion <i>½ peeled & finely sliced</i>
200g	Cabbage <i>finely sliced</i>
15ml	White Wine Vinegar
5ml	Dijon Mustard
150g	Pork Schnitzel (without crumb)
10ml	NOMU Coffee Rub
25g	Gherkins <i>drained & roughly diced</i>
20g	Salad Leaves <i>rinsed</i>
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
75g	Sauerkraut

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Sugar/Sweetener/Honey

1. LET IT BOIL Place a pot of cold salted water over a high heat. Add the potato pieces and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion.

2. SPUD SALAD Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the sliced red onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the sliced cabbage and fry for 2-3 minutes, until softened, shifting occasionally. Add the vinegar, the mustard, a drizzle of oil, and a sweetener of choice (to taste). Mix until fully combined. Once combined, immediately remove from the pan and place in a salad bowl.

3. FRY BABY 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 or a drizzle of oil and the rub to baste the schnitzel. Remove from the pan on completion, season, and slice into strips.

4. MIX IT UP To the bowl with the cabbage and onion mix, add the cooked potatoes, the diced gherkins, the rinsed salad leaves, ½ the chopped parsley, and the sauerkraut (to taste). Mix until fully combined.

5. LET'S EAT! Pile up the potato salad and serve with the juicy pork slices. Sprinkle over the remaining parsley. Germany in your own kitchen!

Nutritional Information

Per 100g

Energy	272kJ
Energy	65Kcal
Protein	5.5g
Carbs	8g
of which sugars	2g
Fibre	1.8g
Fat	0.8g
of which saturated	0.2g
Sodium	150.1mg

Allergens

Allium, Sulphites

Cook
within 2
Days