



UCCOOK

Crispy Pork Schnitzel & Red Pepper Orzo Salad

with olives & feta

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	861kJ	2651kJ
Energy	206kcal	634kcal
Protein	15.5g	47.6g
Carbs	18g	57g
of which sugars	1.8g	5.6g
Fibre	1.7g	5.1g
Fat	6.8g	21.1g
of which saturated	2.1g	6.6g
Sodium	326mg	1003mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Orzo Pasta
30ml	60ml	Pesto Princess Red Pepper Pesto
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
150g	300g	Pork Schnitzel (without crumb)
10ml	20ml	NOMU Mix <i>(5ml [10ml] Cornflour & 5ml [10ml] NOMU Does Everything)</i>
20g	40g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. **PESTO ORZO** Submerge the orzo in a pot with salted water and bring to a boil. Cook the orzo until al dente, 8-12 minutes. Drain and toss through a drizzle of olive oil, and add the pesto, olives, green leaves, and seasoning.
2. **SEAR THE SCHNITZEL** Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel, and coat in the NOMU mix. When hot, sear the schnitzel until golden, 1-2 minutes per side. Remove from the pan and season.
3. **EASY AS 1, 2, 3** Bowl up the pesto orzo, top with the crispy schnitzel, and crumble over the feta. Enjoy, Chef!