



UCOOK

Lemon & Herb Pork Schnitzel

with potato fries & a sour cream dipping sauce

Every cooking enthusiast knows salt brings out the flavour in food, but did you know a squeeze of lemon can have the same effect? This UCOOK recipe proves that taste bud tip with butter-basted, lemony pork schnitzel drizzled with pan juices. Sided with oven roasted potato fries, a sour cream sauce, and a simple green salad.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Simple & Save

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Ingredients & Prep

200g	Potato <i>rinse & cut into 1cm thick fries</i>
150g	Pork Schnitzel (without crumb)
5ml	NOMU One For All Rub
30ml	Sour Cream
3g	Fresh Chives <i>rinse & finely chop</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
10ml	Lemon Juice

From Your Kitchen

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

1. FRIES Preheat the oven to 200°C. Spread the potato fries on a roasting tray. Coat generously in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. SOME PREP Pat the schnitzels dry with paper towel. Coat in the NOMU rub, a drizzle of oil, and seasoning. In a small bowl, combine the sour cream with ½ the chopped chives, loosen with a splash of water, and season. In a salad bowl, toss the shredded leaves with a drizzle of olive oil and seasoning.

3. FRY THE PORK When the fries have 10-15 minutes to go, place a grill pan or a pan over medium high-heat. When hot, sear the schnitzels until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the lemon juice. Remove from the pan, reserving any pan juices, and season.

4. TIME TO EAT Plate up the fries alongside the lemony schnitzels and drizzle over the reserved pan juices. Serve the sour cream on the side for dunking. Side with the dressed leaves. Garnish with the remaining chives. Well done, Chef!



Chef's Tip

Air fryer method: Coat the potato fries in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	423kj
Energy	101kcal
Protein	9.6g
Carbs	10g
of which sugars	0.9g
Fibre	1.4g
Fat	2.8g
of which saturated	1.2g
Sodium	291mg

Allergens

Allium, Cow's Milk

Cook
within 2
Days