



Summer Salad & Golden Pork

with carrot fries

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	487.1kJ	3071.6kJ
Energy	116.6kcal	735.1kcal
Protein	7.1g	45g
Carbs	10.2g	64.2g
of which sugars	3.1g	19.7g
Fibre	1.7g	10.4g
Fat	5.2g	32.8g
of which saturated	1.1g	7g
Sodium	162.8mg	801.7mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk

Eat Within 2 Days

Spice Level: None



Ingredients & Prep Actions:

Serves 1 [Serves 2]

240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
150g	300g	Pork Schnitzel (without crumb)
80ml	160ml	Spiced Flour <i>(75ml [150ml] Cake Flour & 5ml [10ml] Dried Oregano)</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Danish-style Feta <i>drain</i>
1	1	Tomato <i>rinse & slice ½ [1] into thin wedges</i>
10ml	20ml	Lemon Juice
40ml	80ml	Mayo

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Egg/s

1. CARROT FRIES Coat the carrot in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the carrot on a roasting tray. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. SPICY SCHNITZEL Pat the schnitzel dry with paper towel. Prepare two shallow dishes: one containing the spiced flour (seasoned lightly), and one containing 1 whisked egg. Coat the schnitzel in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and in the flour again. Repeat this step with each schnitzel. Set aside.

3. FRY UNTIL COOKED & CRISPY Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed schnitzel until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season.

4. FETA & TOMATO SALAD To a bowl, add the salad leaves, feta, tomato, lemon juice, a drizzle of olive oil, and seasoning.

5. TA-DA! Plate up the crispy pork, and side with the fresh salad, carrot fries, and the mayo for dipping.