



UCOOK

Pork & Tangy Potato Salad

with sautéed cabbage & fresh chives

A mouthwatering plate of juicy-on-the-inside, butter-basted-on-the-outside pork, sided with a cabbage & potato salad that has a welcome warmth of Dijon mustard, dotted with pops of briny gherkins & fresh chives.


Hands-on Time: 45 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Thea Richter

 Simple & Save

 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

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Ingredients & Prep

800g	Baby Potato <i>rinsed & halved</i>
400g	Cabbage <i>rinsed & finely sliced</i>
60ml	Dressing <i>(40ml White Wine Vinegar & 20ml Dijon Mustard)</i>
600g	Pork Schnitzel (without crumb)
20ml	NOMU One For All Rub
100g	Gherkins <i>drained & roughly chopped</i>
10g	Fresh Chives <i>rinsed & finely chopped</i>

From Your Kitchen

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

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

2. SAUERKRAUT-INSPIRED STEP Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced cabbage until softened, 3-4 minutes (shifting occasionally). Add the dressing, a drizzle of oil, and a sweetener. Mix until combined, immediately remove from the pan, and place in a salad bowl.

3. PORK FOR YOUR FORK Return the pan to high heat with a drizzle of oil. When hot, pan-fry the schnitzel until golden and cooked through, 30-60 seconds per side. In the final minute, baste with 80g of butter (optional) or a drizzle of oil and the NOMU rub. Remove from the pan, reserving the pan juices, and season.

4. MIX IT UP To the bowl with the cabbage, add the cooked potatoes, the chopped gherkins, ½ the chopped chives, and seasoning. Mix until combined.

5. LET'S EAT! Pile up the potato salad alongside the juicy pork. Drizzle over the remaining pan juices. Sprinkle over the remaining chives. Delish work, Chef!

Nutritional Information

Per 100g

Energy	344kj
Energy	82kcal
Protein	8.4g
Carbs	8g
of which sugars	1.7g
Fibre	1.1g
Fat	1.3g
of which saturated	0.4g
Sodium	111mg

Allergens

Allium, Sulphites

Cook
within 2
Days