



UCCOOK

Glazed BBQ Pork & Tangy Dill Crème

with golden potato rounds

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	427kJ	1947kJ
Energy	102kcal	466kcal
Protein	9.1g	41.7g
Carbs	13g	60g
of which sugars	4.1g	18.5g
Fibre	1.3g	5.9g
Fat	1.4g	6.6g
of which saturated	0.5g	2.5g
Sodium	538mg	2450mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Soy

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into thick rounds</i>
5ml	10ml	Greek Salt
150g	300g	Pork Schnitzel (without crumb)
5ml	10ml	NOMU BBQ Rub
30ml	60ml	BBQ Sauce
40ml	80ml	Low Fat Plain Yoghurt
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>
10ml	20ml	Lemon Juice

From Your Kitchen

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

- 1. GREEK POTATOES** Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and the Greek salt. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).
- 2. SEARED SCHNITZEL** Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel, coat with the NOMU rub, and season. When hot, sear the schnitzel until lightly charred, 30-60 seconds per side. In the final 30 seconds, baste with the BBQ sauce. Remove from the pan.
- 3. DILL-ICIOUS YOGHURT** In a bowl, combine the yoghurt, the dill, the lemon juice (to taste), and season.
- 4. SIMPLY SENSATIONAL** Plate up the potato rounds. Side with the BBQ pork and finish with dollops of the creamy dill dressing.