



UCCOOK

Pork Schnitzel & Red Wine Sauce

with fresh green leaves & fragrant thyme

In this recipe, tender seared pork schnitzel is served with a delicious red wine & onion sauce. Alongside is golden roasted pumpkin and beetroot, and a fresh green leaf & pumpkin seed salad for a little crunch. What are you waiting for?

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 Carb Conscious

 Boschendal | MCC Brut Rosé NV

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Ingredients & Prep

600g	Beetroot
300g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
12g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
30g	Pumpkin Seeds
15ml	Beef Stock
15ml	Cornflour
1	Onion <i>peeled & finely sliced</i>
170ml	Red Wine
450g	Pork Schnitzel (without crumb)
60g	Green Leaves <i>rinsed</i>
60g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. FIST PUMP-KIN TO THE BEET Preheat the oven to 200°C. Boil the kettle. Wash the beetroot, trim the ends, and cut into bite-size chunks. Place the beetroot and the pumpkin pieces on a roasting tray, coat in oil, ½ the chopped thyme and season. Use two trays if necessary. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy, shifting halfway.

2. SEEDS & SLURRY Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool. Dilute the stock with 200ml of boiling water. Place the cornflour in a small bowl and mix in 3 tbsp of the diluted stock until a runny paste – this is called a slurry!

3. CLASSIC RED WINE SAUCE Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 4-5 minutes until soft and translucent, shifting occasionally. Add the remaining thyme and fry for 30 seconds until fragrant, shifting constantly. Whisk in the diluted stock, the red wine, and the cornflour slurry until well combined. Lower the heat slightly and reduce for 4-5 minutes until thick and silky, stirring occasionally. Remove from the pan, cover to keep warm, and set aside for serving.

4. SLICE, SLICE BABY! Return the pan, wiped down if necessary, to a high heat with a drizzle of oil. When hot, pan-fry the schnitzels for 30-60 seconds per side until golden and cooked through. You might have to do this step in batches. In the final minute, use a knob of butter or a drizzle of oil to baste the schnitzel. Remove from the pan on completion, season, and slice.

5. SPRUCE THE SALAD In a bowl, combine ½ the toasted pumpkin seeds, the rinsed green leaves, the drained feta, seasoning, and a drizzle of oil.

6. SERVICE, CHEF! Plate up the juicy pork slices alongside the roasted beetroot and pumpkin. Pour over the delectable red wine sauce and serve with the fresh salad on the side. Sprinkle over the remaining seeds. Yum!



Chef's Tip

A slurry is a mixture of flour and water. Making a slurry before using your flour reduces the risk of it clumping when added to a sauce, soup, or stew. This way, it gets evenly dispersed with no fuss!

Nutritional Information

Per 100g

Energy	358kj
Energy	86Kcal
Protein	7g
Carbs	6g
of which sugars	1.6g
Fibre	2g
Fat	2.2g
of which saturated	1g
Sodium	2mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within 2
Days