



UCOOK

Pork Al Limone

with parsley couscous & sage

Our take on an Italian classic! Pork schnitzel is coated in spiced flour, pan seared with butter and sage, and served over a bed of fluffy garlic, lemon & parsley couscous. This dish is topped with crispy sage leaves and ribbons of Italian-style hard cheese. You'll love every bite!

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Quick & Easy

 Boschendal | Rose Garden Rosé

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Ingredients & Prep

75ml	Whole Wheat Couscous
10ml	Chicken Stock
150g	Pork Schnitzel (without crumb)
50ml	Spiced Flour <i>(40ml Cake Flour & 10ml NOMU Italian Rub)</i>
4g	Fresh Sage <i>rinsed, picked & dried</i>
1	Lemon <i>½ cut into wedges</i>
1	Garlic Clove <i>peeled & grated</i>
45ml	White Wine
4g	Fresh Parsley <i>rinsed & roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
80g	Baby Tomatoes <i>halved</i>
20g	Italian-style Hard Cheese <i>peeled into ribbons</i>

From Your Kitchen

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

1. COUSCOUS & STOCK Boil the kettle. Using a shallow bowl, submerge the couscous in 125ml of boiling water and season. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Once cooked, fluff up with the fork. Dilute the stock with 80ml of boiling water.

2. PORK PARTY While the couscous is steaming, pat the pork schnitzel dry with paper towel and season. Place the spiced flour (lightly seasoned) in a shallow dish. Coat the schnitzel in the spiced flour, dusting off any excess. Place a pan (large enough for the couscous) over a medium-high heat with a generous drizzle of oil. When hot, fry the schnitzel for 1-2 minutes per side until cooked through and golden. Add the rinsed sage leaves, a knob of butter, and a squeeze of lemon juice and fry for 1-2 minutes until crispy. Remove the sage leaves and schnitzel from the pan on completion (reserving the butter and oil in the pan), cover with a plate to keep warm, and rest the schnitzel for 3-5 minutes before slicing.

3. AT THE SAUCE Keeping the pan on the heat (with the remaining butter and oil), add the grated garlic. Fry for 30-60 seconds, until fragrant, shifting constantly. Add the white wine and leave to reduce until almost all evaporated. Pour in the diluted stock and bring to a simmer for 2-3 minutes until reduced slightly. Season with a squeeze of lemon juice, salt and pepper. Add the cooked couscous, and ½ the chopped parsley. Mix until fully combined.

4. A FRESH START In a salad bowl, toss the rinsed green leaves and halved tomatoes with some oil, a squeeze of lemon juice and some seasoning.

5. LOVE FOR AL LIMONE! Plate up the saucy couscous. Top with the crisp pork schnitzel slices and garnish with the crispy sage leaves, the hard cheese ribbons and the remaining parsley. Serve the salad on the side. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	636kJ
Energy	152Kcal
Protein	11.9g
Carbs	17g
of which sugars	1.4g
Fibre	2.3g
Fat	2.9g
of which saturated	1.1g
Sodium	336.2mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within 2
Days