



UCCOOK

Quick Pork al Limone

with orzo & crispy sage

Our nutritious take on an Italian classic! Pork schnitzel lathered in a lemon white wine sauce, served on a bed of orzo — all topped with crispy burnt-butter sage leaves and Italian-style cheese.


Hands-On Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Samantha Finnegan

 Easy Peasy

 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

400ml	Orzo
40ml	Chicken Stock
600g	Pork Schnitzel (without crumb)
180ml	Spiced Flour <i>(160ml Cake Flour & 20ml NOMU Italian Rub)</i>
15g	Fresh Sage <i>rinsed, picked & dried</i>
2	Garlic Cloves <i>peeled & grated</i>
200ml	White Wine
2	Lemons <i>cut into wedges</i>
10g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
80g	Green Leaves <i>rinsed</i>
80g	Italian-style Hard Cheese <i>peeled into ribbons</i>

From Your Kitchen

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

1. BUBBLING ORZO Boil a full kettle. Fill a pot for the orzo with 800ml of salted boiling water. Once the water is boiling rapidly, cook the orzo for 7-10 minutes until cooked al dente. Remove from the heat on completion, drain if necessary, and toss through some oil to prevent sticking. Dilute the stock with 250ml of boiling water.

2. PORK PARTY Pat the pork schnitzel dry with some paper towel. Place the spiced flour (lightly seasoned) in a shallow dish. Coat the schnitzels in the flour mixture, dusting off any excess. Place a pan (large enough for the orzo) over a medium-high heat with a drizzle of oil. When hot, fry the schnitzels for 1-2 minutes per side until cooked through, and golden. You may need to do this step in batches. Remove from the pan on completion, cover with a plate to keep warm, and rest for 3-5 minutes before slicing.

3. BETTER WITH SAGE Return the pan to a medium heat with a drizzle of oil and a generous knob of butter. Once foaming, fry the rinsed, dried sage leaves for 1 minute per side until crispy. (To make this easier, use tongs if you have them!) On completion, allow the crispy leaves to drain on some paper towel.

4. MAKE THE PAN 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 5-6 minutes until thickened slightly. Season with a squeeze of lemon juice, salt and pepper. Add the cooked orzo, ½ the chopped parsley and ½ the rinsed spinach. Mix until fully combined.

5. FRESHNESS In a salad bowl, toss the remaining spinach with some olive oil, a squeeze of lemon juice and some seasoning.

6. SIMPLE DINNER! Plate up the saucy orzo. Top with the crisp pork schnitzel slices and garnish with the crispy sage leaves, the hard cheese ribbons and the remaining parsley. Serve the dressed leaves on the side. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	783kJ
Energy	187Kcal
Protein	13.9g
Carbs	22g
of which sugars	1.3g
Fibre	1.8g
Fat	3.6g
of which saturated	1.2g
Sodium	372mg

Allergens

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

Cook
within 2
Days