



U C O O K
— COOKING MADE EASY

Crispy Panko Pork Schnitzel

with lemon burnt butter sauce & a Mediterranean salad

A juicy cut of pork, enclosed in a golden panko crust and bathed in a luscious sauce of burnt butter, lemon, and Provençal Rub. No schnitzel supper is complete without the freshness of a side salad, enhanced by the tang and texture of artichoke hearts.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett

 **Easy Peasy**

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Ingredients & Prep

40ml	Cake Flour
100ml	Panko Breadcrumbs
25ml	Grated Italian-Style Hard Cheese
150g	Pork Schnitzel (without crumb)
40g	Salad Leaves <i>rinsed</i>
50g	Cucumber <i>thinly sliced into half-moons</i>
25g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
50g	Artichoke Heart Quarters <i>drained</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	NOMU Provençal Rub
1	Lemon <i>one half cut into wedges</i>
15ml	Balsamic Glaze

From Your Kitchen

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

1. PREP YOUR CRISPY CRUST Whisk 1 egg in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly) and the other containing the breadcrumbs and grated hard cheese (mixed together). Coat the schnitzel in the flour first, then in the egg, and lastly in the cheesy breadcrumbs. When coating in the breadcrumbs, press them into the meat so they stick and coat evenly. Make sure the schnitzel is fully coated in each mixture before moving on to the next. Dust off any excess in between coatings.

2. AN EXTRA SPECIAL SALAD Place the rinsed salad leaves, cucumber half-moons, chopped olives, and drained artichokes in a bowl. Toss together with a drizzle of oil and some seasoning. Set aside for serving.

3. OH MY, THAT CHEESY CRUNCH! Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the schnitzel for 2-3 minutes per side until golden and cooked through. Remove from the pan on completion and allow to drain on some paper towel.

4. LEMONY BURNT BUTTER SAUCE Wipe down the pan and return to a medium heat. Add in 30g of butter, the grated garlic, and the Provençal Rub to taste. Bring to a simmer and stir until the butter begins to foam and turn golden brown. Remove from the heat and squeeze in the juice of 1 lemon wedge. Stir to combine and season to taste.

5. A FRESH & SATISFYING DINNER Plate the crispy pork schnitzel and pour over the lemon and burnt butter sauce to taste. Serve the Mediterranean salad on the side with drizzles of balsamic glaze and a lemon wedge. How easy was that, Chef?



Chef's Tip

Artichokes are high in fiber, vitamin C, vitamin K, vitamin B6, and magnesium. They're also packed with important antioxidants for healthy cells and an optimally functioning body. Toss artichoke hearts through salads or roast veg to give them extra tang and texture.

Nutritional Information

Per 100g

Energy	536kJ
Energy	128Kcal
Protein	10.4g
Carbs	16g
of which sugars	4.6g
Fibre	1.8g
Fat	2.7g
of which saturated	0.8g
Sodium	265mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days