



UCCOOK

Pork Schnitzel & Red Wine Gravy

with potato mash & spinach

Treat yourself to a Sunday afternoon lunch, but mid-week as a dinner surprise! Butter-basted pork schnitzel is deliciously drenched in a red wine gravy sauce, infused with fresh rosemary. Sided with creamy potato mash and earthy spinach.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

Simple & Save

 Stettyn Wines | Stettyn Family Range Shiraz 2021

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Ingredients & Prep

600g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
450g	Pork Schnitzel (without crumb)
15ml	NOMU One For All Rub
15ml	Cornflour
2	Onions <i>peel, finely dice ¼ & finely slice ¾</i>
2	Garlic Cloves <i>peel & grate</i>
8g	Fresh Rosemary <i>rinse</i>
90ml	Red Wine
60g	Spinach <i>rinse</i>

From Your Kitchen

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

1. MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. SCHNITZEL Place a pan over high heat with a drizzle of oil. Pat the schnitzel dry with paper towel and coat with the NOMU rub. When hot, sear the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter. Remove from the pan, season, and cover to keep warm. You may need to do this step in batches.

3. GRAVY Combine the cornflour with 300ml of water. Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onions, the grated garlic, and the rinsed rosemary sprigs until fragrant, 2-3 minutes. Add the wine and simmer until almost evaporated, 2-3 minutes. Mix in the diluted cornflour and simmer until thickening, 8-10 minutes. Remove from the heat, discard the rosemary sprigs, and season.

4. SPINACH Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onions until soft, 4-5 minutes. Add the rinsed spinach and sauté until wilted, 3-4 minutes. Remove from the heat and season.

5. PLATE UP Plate up the mash. Side with the onion & spinach and the browned schnitzel. Drizzle the gravy over the schnitzel. That's a wrap, Chef!

Nutritional Information

Per 100g

Energy	380kj
Energy	91kcal
Protein	8.3g
Carbs	10g
of which sugars	1.2g
Fibre	1.5g
Fat	1.2g
of which saturated	0.4g
Sodium	88mg

Allergens

Allium, Sulphites, Alcohol, Cow's Milk

Eat
Within
2 Days