



UCCOOK

Italian Pork Schnitzel & Fries

with fresh parsley

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	379kJ	2098kJ
Energy	91kcal	502kcal
Protein	8g	44g
Carbs	13g	70g
of which sugars	0.6g	3.3g
Fibre	1.8g	10.1g
Fat	1g	5.5g
of which saturated	0.3g	1.9g
Sodium	15mg	82mg

Allergens: Sulphites, Egg, Gluten, Wheat, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
400g	800g	Potato <i>rinse, peel (optional) & cut into skinny, 5mm thick chips</i>
40ml	80ml	Rub & Flour <i>(35ml [70ml] Cake Flour & 5ml [10ml] NOMU Italian Rub)</i>
150g	300g	Pork Schnitzel (without crumb)
100ml	200ml	Panko Breadcrumbs
50ml	100ml	Mayo
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Egg/s

Paper Towel

- 1. POTATO FRIES** Place a deep pan over medium heat with oil about 4-5 cm. When hot, fry the chips until crispy and cooked through, 15-20 minutes (shifting as they colour). Drain on a paper towel. Alternatively: Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato chips, season, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 30-35 minutes. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time.
- 2. CRUMB** In a shallow dish, whisk 1 egg with 1 tbsp of water. Prepare two more shallow dishes: one containing the rub & flour (seasoned lightly) and the other containing the crumb. Pat the schnitzel dry with some paper towel and season. Coat the schnitzel in the rub & flour first, then in the egg, and lastly in the crumb. When passing through the crumb, press it into the meat so it sticks and coats evenly.
- 3. GOLDEN SCHNITTY** Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the crumbed schnitzel for 1-2 minutes per side until golden and cooked through. Remove from the pan, drain on paper towel and season.
- 4. SOME PREP** In a small bowl, combine the mayo with the ½ of the parsley. Loosen with a splash of water, and season.
- 5. IT'S THAT TIME!** Plate up the chips, side with the crumbed schnitzel, and drizzle over the herby mayo. Garnish with the remaining parsley, and dig in, Chef!