



U^UCOOK

Sage Potatoes & Apple Pork

with apple sauce

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	349kJ	2756kJ
Energy	84kcal	659kcal
Protein	5.4g	42.3g
Carbs	12g	96g
of which sugars	5.2g	41.1g
Fibre	1.5g	12.2g
Fat	1g	8.1g
of which saturated	0.2g	1.8g
Sodium	97mg	761mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Baby Potatoes <i>rinse & cut in half</i>
8g	10g	Fresh Sage <i>rinse, pick & dry</i>
450g	600g	Pork Schnitzel (without crumb)
30ml	40ml	NOMU BBQ Rub
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
2	2	Apples <i>rinse, peel, core & roughly dice 1½ [2]</i>
120g	160ml	Apple Sauce <i>(30ml [40ml] Mustard, 60ml [80ml] Vinegar & 30ml [40ml] Sugar)</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

- 1. SAGE POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to medium heat. Add 45g [60g] of butter and the sage. Cook until the leaves are crispy and the butter is golden, 4-6 minutes, shaking the pot (occasionally).
- 2. BBQ PORK** Place a pan over high heat with a drizzle of oil. Pat the schnitzel dry with paper towel, coat with NOMU rub, and season. When hot, sear the schnitzel until browned, 30-60 seconds per side. Remove from the pan and cut into strips.
- 3. APPLE PORK** Return the pan, wiped down, to medium heat with a drizzle of oil if necessary and a knob of butter. Fry the onion and the apple (to taste) until slightly caramelised, 8-10 minutes (shifting occasionally). Mix in the apple sauce and the pork strips. Simmer until combined, and the pork is warmed through, 3-4 minutes. Remove from the heat and season.
- 4. TIME TO DINE** Bowl up the sage potatoes, top with the apple pork, and garnish with the parsley. Well done, Chef!