

# UCOOK

## Pork & Cabbage Salad

with raisins & coriander

A rustic dinner that satisfies with homemade goodness, Chef. Juicy, butter-basted pork shares a plate with crispy oven-roasted baby potatoes, and a crunchy cabbage, sweet raisins, & peppery coriander slaw covered in a zesty mayo dressing. Yum, yum, YUM!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Jade Summers

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Simple & Save

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Stettyn Wines | Stettyn Family Range Shiraz  
2021

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## Ingredients & Prep

250g	Baby Potatoes <i>rinse &amp; cut in half</i>
100g	Cabbage <i>rinse &amp; thinly slice</i>
10g	Raisins <i>roughly chop</i>
3g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
10ml	Lemon Juice
50ml	Mayo
150g	Pork Schnitzel (without crumb)
5ml	NOMU One For All Rub

## From Your Kitchen

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

**1. BABY POTATOES** Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. CABBAGE SLAW** In a bowl, combine the shredded cabbage, the chopped raisins, ½ the chopped coriander, the lemon juice (to taste), the mayo, and seasoning.

**3. NOMU-SPICED PORK** When the potatoes have 3-5 minutes left, place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

**4. PERFECT PORK & POTATOES** Plate up the roasted potato, the cabbage salad, and the fried schnitzel. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	529kj
Energy	127kcal
Protein	7.2g
Carbs	11g
of which sugars	3.8g
Fibre	1.3g
Fat	5.6g
of which saturated	0.7g
Sodium	206mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
2 Days