



UCOOK

Lemony Pork Schnitzel

with mashed potato & sour cream

Every cooking enthusiast knows salt brings out the flavour in food, but did you know a squeeze of lemon can have the same effect? This UCOOK recipe proves that taste bud tip with butter-basted, lemony pork schnitzel drizzled with pan juices. Sided with mashed potato, sour cream, and a simple green salad.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Simple & Save

Stettyn Wines | Stettyn Family Range Shiraz

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Ingredients & Prep

200g	Potato <i>peel, rinse & cut into small cubes</i>
150g	Pork Schnitzel (without crumb)
5ml	NOMU One For All Rub
30ml	Sour Cream
20g	Salad Leaves <i>rinse & roughly shred</i>
10ml	Lemon Juice

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, 15-20 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. SOME PREP Pat the schnitzels dry with paper towel. Coat in the NOMU rub, a drizzle of oil, and seasoning. In a small bowl, combine the sour cream, loosen with a splash of water, and season. In a salad bowl, toss the shredded leaves with a drizzle of olive oil and seasoning.

3. FRY THE PORK Place a grill pan or a pan over medium-high heat. When hot, sear the schnitzels until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the lemon juice. Remove from the pan, reserving any pan juices, and season.

4. TIME TO EAT Plate up the mash alongside the lemony schnitzels. Drizzle over the reserved pan juices and the sour cream. Side with the dressed leaves. Well done, Chef!

Nutritional Information

Per 100g

Energy	425kj
Energy	102kcal
Protein	9.7g
Carbs	10g
of which sugars	0.9g
Fibre	1.4g
Fat	2.8g
of which saturated	1.2g
Sodium	57mg

Allergens

Cow's Milk, Allium

Eat
Within
2 Days