



# 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.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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Simple & Save

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 Stettyn Wines | Stettyn Family Range Shiraz 2021

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## Ingredients & Prep

|      |  |
|------|--|
| 200g | Potato<br><i>rinse, peel (optional) &amp; cut into bite-sized pieces</i> |
| 150g | Pork Schnitzel (without crumb)   |
| 5ml  | NOMU One For All Rub   |
| 5ml  | Cornflour  |
| 1    | Onion<br><i>peel, finely dice ¼ &amp; finely slice ¾</i>                 |
| 1    | Garlic Clove<br><i>peel &amp; grate</i>                                  |
| 3g   | Fresh Rosemary<br><i>rinse</i>   |
| 30ml | Red Wine   |
| 20g  | Spinach<br><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, 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. 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.

**3. GRAVY** Combine the cornflour with 100ml 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, 1-2 minutes. Mix in the diluted cornflour and simmer until thickening, 6-8 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, 3-4 minutes. Add the rinsed spinach and sauté until wilted, 2-3 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