



UCOOK

Crispy Pork Schnitzel

with potato wedges, tzatziki & fresh salad leaves

What's there not to love about panko breadcrumbs? They are lower in calories than traditional breadcrumbs, plus much crispier & crunchier. Today, you'll be using them to coat a yummy pork schnitzel, sided with oven-roasted golden potato wedges & dressed greens for freshness. For dunking, there will be tasty tzatziki.

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

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 **Alvi's Drift | 221 Chenin Blanc**

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Ingredients & Prep

200g	Potato <i>rinsed & cut into wedges</i>
5ml	NOMU Provençal Rub
40ml	Cake Flour
100ml	Panko Breadcrumbs
150g	Pork Schnitzel (without crumb)
20g	Salad Leaves <i>rinsed & roughly shredded</i>
25ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Egg/s

1. GOLDEN WEDGES Preheat the oven to 200°C. Place the potato wedges on a roasting tray. Coat in oil, the rub, and seasoning. Roast in the hot oven for 25-30 minutes until golden and cooked through, shifting halfway.

2. FOR THAT CRISPY LAYER In a shallow dish, whisk 1 egg with 1 tbsp of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly) and the other containing the breadcrumbs. Pat the schnitzel dry with paper towel. Coat the schnitzel in the flour first, then in the egg, and lastly in the crumb.

3. SIZZLING SCHNITTY Place a pan over 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. GET THE GREENS In a bowl, combine the shredded salad leaves, a drizzle of olive oil, and seasoning.

5. DINNER? DONE! Plate up the golden wedges. Side with the pork schnitzel, the dressed leaves, and the tzatziki for dunking. Well done, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the potato wedges? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 15-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	556kj
Energy	133kcal
Protein	10.5g
Carbs	20g
of which sugars	1.1g
Fibre	1.8g
Fat	1.3g
of which saturated	0.4g
Sodium	95mg

Allergens

Gluten, Dairy, Wheat

Cook
within 2
Days