



# UCOOK

## Lemon & Caper Butter Pork

with gluten-free spaghetti, hard cheese & flaked almonds

This seared pork schnitzel is dripping with an irresistible caper, lemon, butter, and white wine reduction that seeps into gluten-free spaghetti, swirled with cheese, fresh leaves, and tomatoes. Crunchy almond flakes and parsley give the final flavour pop.

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**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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 Easy Peasy

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 Steenberg Vineyards | Nebbiolo

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## Ingredients & Prep

15g	Flaked Almonds
100g	Barilla Gluten-free Spaghetti
1	Onion <i>½ peeled &amp; finely diced</i>
15g	Capers <i>drained</i>
1	Garlic Clove <i>peeled &amp; grated</i>
1	Lemon <i>½ zested &amp; cut into wedges</i>
30ml	De-alcoholised White Wine
100g	Baby Tomatoes <i>halved</i>
150g	Pork Schnitzel (without crumb)
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
25g	Italian-style Hard Cheese <i>grated</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter  
Paper Towel  
Sugar/Sweetener/Honey (optional)

**1. THAT'S NUTS!** Boil the kettle for step 2. Place a pan over a medium heat. When hot, toast the flaked almonds for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool. Cube 25g of butter and place in the fridge to harden.

**2. SILKEN SPAGHETTI** Fill a pot for the pasta with boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, cook the pasta for 10-12 minutes until al dente. Drain on completion, reserving 40ml of pasta water. Toss some oil through the pasta to prevent sticking, cover to keep warm, and set aside.

**3. IN THE MEANTIME...** Return the pan to a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. At the halfway mark, add in the drained capers, grated garlic, and lemon zest. Fry for the remaining time until fragrant, shifting frequently. Stir through the wine and simmer for 1-2 minutes until reduced by  $\frac{3}{4}$ . Reduce the heat to low and stir in the reserved pasta water. Once combined, gradually mix in the refrigerated butter, whisking continuously, until emulsified. Stir through the halved baby tomatoes until heated through. Season to taste with salt, pepper, and sweetener of choice (optional). Remove the pan from the heat, cover to keep warm, and set aside.

**4. BUTTER UP THAT PORK** Place a nonstick pan over a medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When the pan is hot, fry the pork on one side for 1-2 minutes until that side is golden. Flip, add in a knob of butter, and fry for another 1-2 minutes until cooked through, basting continuously. Remove from the pan on completion and season to taste. Cover to keep warm and set aside for serving.

**5. ARE WE THERE YET?** Toss the sauce and pasta together until coated. Toss through the rinsed green leaves,  $\frac{3}{4}$  of the chopped parsley,  $\frac{1}{2}$  of the grated hard cheese, and the juice of 1 lemon wedge.

**6. YES, WE ARE!** Bowl up some saucy spaghetti and top with the buttery pork schnitzel. Sprinkle over the remaining hard cheese and parsley, and garnish with the toasted almond flakes and a lemon wedge. Excellent work, Chef.



## Chef's Tip

To emulsify is to combine two ingredients that do not ordinarily mix easily, creating a creamy consistency. Whisk the cold, cubed butter into the sauce gradually so that it emulsifies and doesn't separate.

## Nutritional Information

Per 100g

Energy	632kj
Energy	151Kcal
Protein	9.6g
Carbs	17g
of which sugars	1.7g
Fibre	1.9g
Fat	4g
of which saturated	1.2g
Sodium	109mg

## Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook  
within 2  
Days