



# UCOOK

## Italian-style Cheese Crusted Pork

**with roasted long stem broccoli & crispy sage**

Pork fillet crusted in Italian-style hard cheese and panko bread crumbs. Served with roasted long stem broccoli, baby potatoes and a sun-dried tomato & flaked almond salad. Finished off with a drizzle of sage butter and a squeeze of lemon.

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**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person


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**Chef:** Aisling Kenny

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 Adventurous Foodie

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 Leopard's Leap | Merlot

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## Ingredients & Prep

200g	Baby Potatoes <i>cut in half</i>
100g	Long Stem Broccoli
10g	Flaked Almonds
150g	Pork Fillet
20ml	Cake Flour
40ml	Panko Breadcrumbs
50g	Italian-style Hard Cheese <i>¾ grated &amp; ¼ peeled into ribbons</i>
4g	Fresh Sage <i>rinsed, picked &amp; dried</i>
20g	Green Leaves <i>rinsed</i>
20g	Sun-dried Tomatoes <i>drained &amp; roughly sliced</i>
1	Lemon <i>½ cut into wedges</i>

## From Your Kitchen

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

**1. GET GOING** Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil and seasoning. Roast in the hot oven for 25-30 minutes. In a bowl, toss the broccoli with a drizzle of oil and seasoning and set aside. Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting regularly. Remove from the pan and set aside.

**2. CRUMB COATING** Pat the fillet dry with paper towel and season. In a shallow dish, whisk 1 egg with 1 tsp of water. Prepare 2 more shallow dishes; one containing the flour and the other containing a mixture of the breadcrumbs, seasoning, and ½ the grated cheese. Coat the fillet in the flour first, then in the egg, and lastly in the crumb.

**3. FINISH THE ROAST** When the potatoes reach the halfway mark, give the tray a shift. Add the dressed broccoli to the other side of the tray. Roast for the remaining time until the potatoes are soft and the broccoli is starting to char.

**4. FRY UP** Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the fillet and fry for 3-4 minutes until golden. Remove from the pan and place on the roasting tray with the potatoes or on a separate tray. Roast in the hot oven for 7-10 minutes until cooked through. Remove from the oven and set aside to rest for 5 minutes. Sprinkle the remaining grated cheese over the roasted potatoes.

**5. SAGE BUTTER** Wipe down the pan with a paper towel and place over a medium heat with 30g of butter. Once foaming, fry the dried sage leaves for 1 minute per side until crispy. (To make this easier, use tongs if you have them!) On completion, drain the leaves on paper towel. Remove the pan of sage-infused butter from the heat and set aside for serving.

**6. TOSS** In a bowl, combine the rinsed green leaves, the toasted almonds, the sliced sun-dried tomatoes, the cheese ribbons, a squeeze of lemon juice, a drizzle of oil, and seasoning.

**7. LET'S EAT!** Plate up the crispy cheese-crusted pork drizzled with the sage butter. Scatter over the crispy sage leaves and side with the roasted veg & salad. Serve any remaining lemon wedges on the side.



## Chef's Tip

To prevent the crumb mixture from sticking to your hands instead of the pork, make sure to use one hand to coat in the egg and the other hand to coat in the dry ingredients.

## Nutritional Information

Per 100g

Energy	574kJ
Energy	137kcal
Protein	10.6g
Carbs	13g
of which sugars	2g
Fibre	2.4g
Fat	4.8g
of which saturated	1.6g
Sodium	5mg

## Allergens

Egg, Gluten, Dairy, Wheat, Sulphites,  
Tree Nuts

Cook  
within 2  
Days