



U C O O K

— COOKING MADE EASY

CRISPY PORK MILANESE

with panko breadcrumbs & lemony burnt butter sauce

'Milanese' is Italian schnitzel! Coated in a homemade crumb containing Italian-style cheese and a luscious sauce of burnt butter, garlic, and lemon. Seal this decadent deal with a crisp Italian salad.

Prep + Active Time: 20 minutes

Total Cooking Time: 30 minutes

 **Serves:** 1 person

 **Chef:** Alex Levett

 **Easy Peasy**

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Ingredients

40 ml	Cake Flour
100 ml	Panko Bread Crumbs
25 ml	Grated Italian Style Hard Cheese
150 g	Pork Schnitzel
40 g	Italian Leaves <i>rinsed</i>
25 g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
50 g	Cucumber <i>cut into half-moons</i>
1	Garlic Clove <i>peeled & grated</i>
10 ml	NOMU Provençal Rub
1	Lemon <i>cut into wedges</i>
15 ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water
Paper Towel
Butter
Eggs



CHEF'S TIP

While the panko breadcrumbs are still in the packet, use your hands to crush them up. This will make them fine enough to coat the schnitzels evenly.

1. MILANESE PREP

Whisk 1 egg with a tsp of water. Prepare three shallow dishes: one containing the flour (seasoned lightly), one containing the whisked egg, and one containing the panko breadcrumbs and grated Italian hard cheese (mixed together). Pass one piece of pork through the flour first, then through the egg, and lastly through the cheesy breadcrumbs. When passing through the crumb mixture, press it into the meat so it sticks and coats evenly. Make sure the pork is fully coated in each mixture before moving on to the next. Dust off any excess in between coatings. Repeat this step with the other piece.

2. ITALIAN SALAD

Remove the parsley from the rinsed Italian salad pack, chop roughly, and set aside for serving. Toss the Italian salad leaves with the chopped olives and cucumber half-moons. Set aside for serving.

3. FRY THE PORK

Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the pork for 2-3 minutes per side until golden and cooked through. Remove from the pan on completion and set aside to drain on some paper towel. Cover to keep warm until serving.

4. LEMON AND BURNT BUTTER SAUCE

Wipe down the pan and return to a low heat. Add in 30g of butter, the grated garlic, and the Provençal Rub to taste. Simmer and stir until the butter begins to foam and turn golden brown. Remove from the heat and squeeze in the juice from 1 lemon wedge. Season to taste and set aside to cool.

5. DINNER IS SERVED

Dish up the pork Milanese and pour over the lemon and burnt butter sauce. Serve the Italian salad on the side and drizzle over the balsamic reduction. Garnish with the fresh, chopped parsley and a lemon wedge. Bellissimo!

Nutritional Information

Per Serving

Energy (kj)	2200
Energy (kcal)	526
Protein	43
Carbs	63
of which sugars	18
Fibre	6
Fat	11
of which saturated	3
Salt	2

Cook within: 2 days

Allergens: Egg Gluten Dairy Allium Wheat



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< 600 cal