Eat Within 2 Days

UCOOK

German Pork Schnitzel

with crispy ciabatta slices

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Waterkloof | False Bay Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	449kJ	3683kJ
Energy	107kcal	881kcal
Protein	6.9g	56.6g
Carbs	10g	86g
of which sugars	2.8g	22.8g
Fibre	1.6g	13.1g
Fat	4g	32.6g
of which saturated	2g	16.1g
Sodium	177mg	1448mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Pork Schnitzel (without crumb)
1	1	Onion *peel & finely slice ½ [1]*
1	1	Bell Pepper *rinse, deseed & cut ½ [1] into strips*
10ml	20ml	Spicy Herb Rub *(5ml [10ml] Dried Oregano, 4ml [8ml] NOMU Italian Rub & 1ml [2ml] Cayenne Pepper)*
1	1	Garlic Clove *peel & grate*
100ml	200ml	Tomato Passata
5ml	10ml	Vegetable Stock
40ml	80ml	Crème Fraîche
30g	60g	Cheddar Cheese *grate*
1	2	Ciabatta Roll/s

From Your Kitchen

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

1. SEAR THE SCHNITZEL Boil the kettle. Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. Remove from the pan, season, and thinly slice.

2. TOMATO & VEG SAUCE Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the onion and peppers until soft, 4-5 minutes. Add the spicy rub and the garlic, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, the vegetable stock, and 150ml [300ml] of boiling water. Simmer until the sauce has reduced, 12-15 minutes. Remove from the heat, mix through a sweetener (to taste), the crème fraîche, the pork slices, and seasoning. Sprinkle over the cheese and cover until melted.

3. GOLDEN CIABATTA Slice the ciabatta roll/s into 2-3cm thin slices. Spread butter (optional) or oil over the slices. Place a pan over medium heat. When hot, toast the ciabatta slices until golden, 1-2 minutes per side.

4. GUTEN APPETIT! Bowl up the creamy pork and veg sauce. Serve the crispy bread slices alongside, ready to scoop and eat.