



QCOOK

Crispy Pork Schnitzel

with potato wedges, tzatziki & fresh salad leaves

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Piekenierskloof | Cinsault 2023

Nutritional Info	Per 100g	Per Portion
Energy	516kJ	2299kJ
Energy	123kcal	550kcal
Protein	10.4g	46.6g
Carbs	18g	79g
of which sugars	1g	4.4g
Fibre	1.6g	7.2g
Fat	1.3g	6g
of which saturated	0.5g	2g
Sodium	68mg	305mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse & cut into wedges</i>
15ml	20ml	NOMU Provençal Rub
125ml	160ml	Cake Flour
300ml	400ml	Panko Breadcrumbs
450g	600g	Pork Schnitzel (without crumb)
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
75ml	100ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Egg/s
Seasoning (salt & pepper)

1. GOLDEN WEDGES Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 35-40 minutes (shifting halfway).

2. FOR THAT CRISPY LAYER In a shallow dish, whisk 2 eggs with 2 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 schnitzel in small batches 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 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!