



U C O O K  
— COOKING MADE EASY

## Crispy Panko Pork Schnitzel

**with lemon burnt butter sauce & a Mediterranean salad**

A juicy cut of pork, enclosed in a golden panko crust and bathed in a luscious sauce of burnt butter, lemon, and Provençal Rub. No schnitzel supper is complete without the freshness of a side salad, enhanced by the tang and texture of artichoke hearts.

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**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Alex Levett

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 **Easy Peasy**

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## Ingredients & Prep

80ml	Cake Flour
200ml	Panko Breadcrumbs
50ml	Grated Italian-Style Hard Cheese
300g	Pork Schnitzel (without crumb)
80g	Salad Leaves <i>rinsed</i>
100g	Cucumber <i>thinly sliced into half-moons</i>
50g	Pitted Kalamata Olives <i>drained &amp; roughly chopped</i>
100g	Artichoke Heart Quarters <i>drained</i>
2	Garlic Clove <i>peeled &amp; grated</i>
20ml	NOMU Provençal Rub
1	Lemon <i>cut into wedges</i>
30ml	Balsamic Glaze

## From Your Kitchen

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

**1. PREP YOUR CRISPY CRUST** Whisk 1 egg in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly) and the other containing the breadcrumbs and grated hard cheese (mixed together). Coat one schnitzel in the flour first, then in the egg, and lastly in the cheesy breadcrumbs. When coating in the breadcrumbs, press them into the meat so they stick and coat evenly. Make sure the schnitzel is fully coated in each mixture before moving on to the next. Dust off any excess in between coatings. Repeat with the other/each schnitzel.

**2. AN EXTRA SPECIAL SALAD** Place the rinsed salad leaves, cucumber half-moons, chopped olives, and drained artichokes in a salad bowl. Toss together with a drizzle of oil and some seasoning. Set aside for serving.

**3. OH MY, THAT CHEESY CRUNCH!** Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the schnitzels for 2-3 minutes per side until golden and cooked through. Remove from the pan on completion and allow to drain on some paper towel.

**4. LEMONY BURNT BUTTER SAUCE** Wipe down the pan and return to a medium heat. Add in 50g of butter, the grated garlic, and the Provençal Rub to taste. Bring to a simmer and stir until the butter begins to foam and turn golden brown. Remove from the heat and squeeze in the juice of 2 lemon wedges. Stir to combine and season to taste.

**5. A FRESH & SATISFYING DINNER** Plate the crispy pork schnitzel and pour over the lemon and burnt butter sauce to taste. Serve the Mediterranean salad on the side with drizzles of balsamic glaze and a lemon wedge. How easy was that, Chef?



## Chef's Tip

Artichokes are high in fiber, vitamin C, vitamin K, vitamin B6, and magnesium. They're also packed with important antioxidants for healthy cells and an optimally functioning body. Toss artichoke hearts through salads or roast veg to give them extra tang and texture.

## Nutritional Information

Per 100g

Energy	536kJ
Energy	128Kcal
Protein	10.4g
Carbs	16g
of which sugars	4.6g
Fibre	1.8g
Fat	2.7g
of which saturated	0.8g
Sodium	265mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 2  
Days