



UCOOK

Panko-crumbed Pork Schnitzel

with mashed potatoes & sautéed cabbage

Smooth and buttery mashed potatoes are served with a crispy golden crumbed pork schnitzel, sautéed cabbage and a fresh radish & green leaf salad. Sprinkled with sunflower seeds for a crunchy finish, you'll love everything about this dish!

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Boschendal | Le Bouquet

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Ingredients & Prep

200g	Potato <i>peeled & cut into bite-sized chunks</i>
40ml	Cake Flour
100ml	Panko Breadcrumbs
150g	Pork Schnitzel (without crumb)
100g	Cabbage <i>roughly shredded</i>
20g	Green Leaves <i>rinsed</i>
20g	Radish <i>rinsed & sliced into rounds</i>
10ml	Red Wine Vinegar
10g	Sunflower Seeds

From Your Kitchen

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

1. MASH MOMENT Place a pot of cold salted water over a high heat. Add the potato chunks and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water and a knob of butter (optional). Season to taste.

2. CRUMB STATION In a shallow dish, whisk 1 egg with 1 tbsp of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly) and the other containing the crumb. Pat the schnitzel dry with some paper towel. Coat the schnitzel in the flour first, then in the egg, and lastly in the crumb. When passing through the crumb, press it into the meat so it sticks and coats evenly.

3. CRUNCHY CABBAGE Place a non-stick pan over a medium high heat with a drizzle of oil. When hot, fry the shredded cabbage for 2-3 minutes until soft but still crunchy, shifting occasionally. Season to taste. Remove from the pan and cover to keep warm.

4. GOLDEN & GORGEOUS Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the crumbed schnitzel for 1-2 minutes per side until golden and cooked through. You may need to do this step in batches. Remove from the pan on completion, drain on some paper towel and season to taste.

5. ALMOST THERE... In a bowl, combine the rinsed green leaves, the radish rounds, the vinegar (to taste), a drizzle of oil, and seasoning.

6. TIME TO DEVOUR! Plate up the buttery mash. Side with the crisp golden schnitzel, the sautéed cabbage, and the radish salad. Sprinkle over the sunflower seeds. Divine, Chef!



Chef's Tip

Due to the amount of starch in potatoes, they brown quickly when exposed to fresh air. This is called oxidation. When preparing your potatoes, place them in a bowl of water as you go to prevent this from happening.

Nutritional Information

Per 100g

Energy	501kJ
Energy	120Kcal
Protein	8.7g
Carbs	17g
of which sugars	1.4g
Fibre	1.8g
Fat	1.9g
of which saturated	0.4g
Sodium	2mg

Allergens

Gluten, Wheat, Sulphites

Cook
within 2
Days