



# UCOOK

## Italian-style Cheese Crusted Pork

with roasted long stem broccoli & crispy sage

Pork fillet crusted in Italian-style hard cheese and panko bread crumbs. Served with roasted long stem broccoli, baby potatoes and a sun-dried tomato & flaked almond salad. Finished off with a drizzle of sage butter and a squeeze of lemon.

---

**Hands-on Time:** 25 minutes

**Overall Time:** 50 minutes


---

**Serves:** 3 People


---

**Chef:** Aisling Kenny

---

 Adventurous Foodie

---

 Leopard's Leap | Merlot

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

600g	Baby Potatoes <i>cut in half</i>
300g	Long Stem Broccoli
30g	Flaked Almonds
450g	Pork Fillet
60ml	Cake Flour
125ml	Panko Breadcrumbs
150g	Italian-style Hard Cheese <i>¾ grated &amp; ¼ peeled into ribbons</i>
12g	Fresh Sage <i>rinsed, picked &amp; dried</i>
60g	Green Leaves <i>rinsed</i>
60g	Sun-dried Tomatoes <i>drained &amp; roughly sliced</i>
2	Lemons <i>1½ cut into wedges</i>

## From Your Kitchen

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

**1. GET GOING** Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil and seasoning. Roast in the hot oven for 30-35 minutes. Place the broccoli on a separate roasting tray. Coat in oil and seasoning and set aside. Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting regularly. Remove from the pan and set aside.

**2. CRUMB COATING** Pat the fillets dry with paper towel and season. In a shallow dish, whisk 2 eggs with 2 tsp of water. Prepare 2 more shallow dishes; one containing the flour and the other containing a mixture of the breadcrumbs, seasoning, and ½ the grated cheese. Coat the fillets in the flour first, then in the egg, and lastly in the crumb.

**3. FINISH THE ROAST** When the potatoes reach the halfway mark, give the tray a shift. Pop the tray of broccoli in the hot oven. Roast for the remaining time until the potatoes are soft and the broccoli is starting to char.

**4. FRY UP** Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the fillets and fry for 3-4 minutes until golden. Remove from the pan and place on the roasting tray with the potatoes or on a separate tray. Roast in the hot oven for 10-12 minutes until cooked through. Remove from the oven and set aside to rest for 5 minutes. Sprinkle the remaining grated cheese over the roasted potatoes.

**5. SAGE BUTTER** Wipe down the pan with a paper towel and place over a medium heat with 90g of butter. Once foaming, fry the dried sage leaves for 1 minute per side until crispy. (To make this easier, use tongs if you have them!) On completion, drain the leaves on paper towel. Remove the pan of sage-infused butter from the heat and set aside for serving.

**6. TOSS** In a bowl, combine the rinsed green leaves, the toasted almonds, the sliced sun-dried tomatoes, the cheese ribbons, a squeeze of lemon juice, a drizzle of oil, and seasoning.

**7. LET'S EAT!** Plate up the crispy cheese-crusted pork drizzled with the sage butter. Scatter over the crispy sage leaves and side with the roasted veg & salad. Serve any remaining lemon wedges on the side.



## Chef's Tip

To prevent the crumb mixture from sticking to your hands instead of the pork, make sure to use one hand to coat in the egg and the other hand to coat in the dry ingredients.

## Nutritional Information

Per 100g

Energy	574kJ
Energy	137kcal
Protein	10.6g
Carbs	13g
of which sugars	2g
Fibre	2.4g
Fat	4.8g
of which saturated	1.6g
Sodium	5mg

## Allergens

Egg, Gluten, Dairy, Wheat, Sulphites,  
Tree Nuts

Cook  
within 2  
Days