



# U C O O K

— COOKING MADE EASY

## Snappy Pork Schnitzel

**with a cornflour crust & a caper and garlic sauce**

The subtle saltiness of pork and the natural sweetness of caramelised butternut make for a truly sophisticated marriage. With added complexity from a light crust, a caper and garlic sauce, and a side of Pink Lady apple salad.

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Samantha Finnegan

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 **Easy Peasy**

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## Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-size pieces</i>
2g	Fresh Rosemary <i>rinsed</i>
60g	Chickpeas <i>drained &amp; rinsed</i>
5ml	Chicken Stock
20ml	Cornflour
150g	Pork Schnitzel
1	Onion <i>one half peeled &amp; finely sliced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
10g	Capers <i>drained &amp; chopped</i>
1	Pink Lady Apple <i>rinsed &amp; halved</i>
20g	Salad Leaves <i>rinsed</i>
10ml	Cabernet Sauvignon Vinegar

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. START THE ROAST** Preheat the oven to 200°C. Place the butternut pieces and rinsed rosemary on a roasting tray. Coat in oil, season to taste, and spread out evenly. Roast in the hot oven for 30-35 minutes. Place the drained chickpeas in a bowl, coat in oil and seasoning, and set aside.

**2. PAN-FRIED PORK** Boil the kettle. Dilute the stock with 100ml of boiling water and set aside. Place the cornflour in a shallow dish. Pat the pork schnitzel dry with some paper towel and season to taste. Coat in the cornflour, gently patting it into the flesh so it sticks evenly. Lightly dust to remove excess flour and set aside. Place a nonstick pan over a medium-high heat with a generous drizzle of oil. When hot, pan fry the schnitzel for 1 minute per side until crispy but not cooked through. Remove from the pan on completion and drain on paper towel.

**3. TOASTY CHICKPEAS** When the butternut reaches the halfway mark, remove from the oven and give it a shift. Scatter over the chickpeas and return to the oven for the remaining cooking time. On completion, the chickpeas should be crispy and the butternut should be cooked through and caramelised.

**4. SIMMER THE SAUCE** Return the pan to a medium heat with another drizzle of oil. When hot, sauté the sliced onion for 3-4 minutes until soft and translucent. Add the grated garlic and three-quarters of the chopped capers. Fry for another minute, shifting constantly. Stir in the diluted stock and allow to simmer for 3-4 minutes until reduced. If the sauce doesn't thicken enough, gradually whisk in the remaining cornflour until the desired consistency. When nearing completion, return the schnitzels to the pan and baste with the sauce until cooked through. On completion, remove from the heat and allow to rest for 5 minutes before serving.

**5. ASSEMBLE THE SALAD** Set aside one half of the rinsed apple for another meal. Cut the other half into thin matchsticks and place in a bowl with the rinsed salad leaves. Toss through some cab sauv vinegar, a drizzle of oil, and some seasoning. When the roast is ready, remove from the oven and discard the thick rosemary stalks.

**6. IT'S A PORK FEAST!** Serve up the crispy pork schnitzel and cover in the caper sauce. Plate the roast butternut, crunchy chickpeas, and fresh apple salad on the side. To finish, sprinkle over the remaining chopped capers. Yummm!



## Chef's Tip

Butternut contains high levels of vitamin C, vitamin E, and beta-carotene – all antioxidants that reduce inflammation and cell damage. With its naturally sweet flavour, butternut is delicious roasted, steamed, mashed with butter or coconut oil, or even grated and made into fritters!

## Nutritional Information

Per 100g

Energy	384kj
Energy	92Kcal
Protein	6.6g
Carbs	12g
of which sugars	2.9g
Fibre	2g
Fat	1.1g
of which saturated	0.3g
Sodium	148mg

## Allergens

Allium, Sulphites

Cook  
within 2  
Days