



UCOOK

Almond-crumbed Pork Schnitz

Schnitty

with radish & a red pepper and crème fraîche sauce

We all know the proof of a schnitzel is in its crumb. And once you've made this recipe, you'll have all the evidence that our ground almond & quinoa flakes combo is the way to go! Coated around tender pork and fried until crispy and golden, then sided with a crunchy fresh salad and creamy pickled red pepper sauce.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Waterford Estate | Range Chardonnay 2018

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Ingredients & Prep

1	Gem Squash
30ml	Crème Fraîche
25g	Pickled Bell Peppers <i>drained & roughly chopped</i>
85ml	Almond Crumb <i>(40ml Ground Almonds & 45ml BIO XXI Quinoa Flakes)</i>
150g	Pork Schnitzel (without crumb)
20g	Green Leaves <i> rinsed & roughly shredded</i>
50g	Cucumber <i>cut into bite-sized chunks</i>
20g	Radish <i> rinsed & sliced into rounds</i>
5ml	Red Wine Vinegar

From Your Kitchen

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

1. DISCOVERING A GEM Place the gem squash in a pot. Fully submerge in water, and place over high heat. Once boiling, cook for 20-25 minutes until easily pierced through with a knife. Remove from the pot and cut in half. Scoop out the seeds and discard. Pop a knob of butter or drizzle of oil and seasoning into each half and cover to keep warm.

2. PASS THE PICKLED PEPPERS In a small bowl, combine the crème fraîche, the chopped pickled peppers, and seasoning. Loosen with water in 5ml increments until a yoghurt consistency. Set aside.

3. CRUMB, CRUMBING, CRUMBED Whisk 1 egg in a shallow dish with a splash of water. Prepare a second dish containing the almond crumb (seasoned lightly). Coat the schnitzels in the egg first, and then lightly coat in the crumb.

4. PUT THE ITZEL IN SCHNITZEL Place a pan over medium-high heat with a drizzle of oil. When hot, add the crumbed schnitzels and fry for 1-2 minutes per side until golden and cooked through. Drain on paper towel.

5. SALAD SENSATION In a bowl, combine the shredded green leaves, the cucumber chunks, the radish rounds, the vinegar (to taste), a drizzle of oil, and seasoning.

6. CRISPY? TICK! CREAMY? TICK! Plate up the gem squash halves. Side with the crispy schnitzel and the loaded salad. Serve with the pepper crème fraîche for dunking. A simple delight, Chef!



Chef's Tip

If you have time, blend the crème fraîche and pickled peppers to make a creamy, smooth sauce. Loosen with water in 5ml increments until a yoghurt consistency.

Nutritional Information

Per 100g

Energy	487kJ
Energy	117kcal
Protein	8.1g
Carbs	9g
of which sugars	1.6g
Fibre	1.7g
Fat	5g
of which saturated	1.8g
Sodium	68mg

Allergens

Dairy, Sulphites, Tree Nuts

Cook
within 2
Days