



UCOOK

Pork & Cabbage Salad

with raisins & coriander

A rustic dinner that satisfies with homemade goodness, Chef. Juicy, butter-basted pork shares a plate with crispy oven-roasted baby potatoes, and a crunchy cabbage, sweet raisins, & peppery coriander slaw covered in a zesty mayo dressing. Yum, yum, YUM!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Jade Summers

Simple & Save

Stettyn Wines | Stettyn Family Range Shiraz
2021

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Ingredients & Prep

500g	Baby Potatoes <i>rinse & cut in half</i>
200g	Cabbage <i>rinse & thinly slice</i>
20g	Raisins <i>roughly chop</i>
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
20ml	Lemon Juice
100ml	Mayo
300g	Pork Schnitzel (without crumb)
10ml	NOMU One For All Rub

From Your Kitchen

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

1. BABY POTATOES Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. CABBAGE SLAW In a bowl, combine the shredded cabbage, the chopped raisins, ½ the chopped coriander, the lemon juice (to taste), the mayo, and seasoning.

3. NOMU-SPICED PORK When the potatoes have 3-5 minutes left, place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

4. PERFECT PORK & POTATOES Plate up the roasted potato, the cabbage salad, and the fried schnitzel. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	529kj
Energy	127kcal
Protein	7.2g
Carbs	11g
of which sugars	3.8g
Fibre	1.3g
Fat	5.6g
of which saturated	0.7g
Sodium	206mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
2 Days