



UCCOOK

Sage & Garlic Pork Pasta

with Italian-style hard cheese & a sage burnt butter sauce

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info

	Per 100g	Per Portion
Energy	774kJ	2927kJ
Energy	185kcal	700kcal
Protein	14.1g	53.2g
Carbs	24g	89g
of which sugars	2.1g	7.8g
Fibre	1.2g	4.6g
Fat	3.4g	12.9g
of which saturated	1.4g	5.1g
Sodium	47mg	177mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Macaroni Pasta
150g	300g	Pork Schnitzel (without crumb)
1	2	Garlic Clove/s <i>peel & grate</i>
15ml	30ml	Cornflour
15ml	30ml	Spice Mix <i>(10ml [20ml] Dried Thyme & 5ml [10ml] Dried Chilli Flakes)</i>
100ml	200ml	Low Fat UHT Milk
3g	5g	Fresh Sage <i>rinse, pick & dry</i>
20ml	40ml	Grated Italian-style Hard Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter
Paper Towel
Seasoning (salt & pepper)

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. GOLDEN PORK Place a pan over 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. Remove from the pan and season. Cut into strips.

3. CREAMY SAUCE Return the pan to medium heat with a drizzle of oil and 20g [40g] of butter. When hot, fry the garlic, the cornflour, and the spice mix until fragrant, 1-2 minutes. Slowly whisk in the milk until the sauce thickens. Add 100ml [200ml] of the reserved pasta water and simmer until thickening, 2-3 minutes. Season and mix in the cooked pasta. Loosen with a splash of the reserved pasta water if it's too thick and remove from the heat.

4. SAGE BURNT BUTTER Place a pan over medium-high heat with a drizzle of oil and 10g [20g] of butter. Once foaming, fry the sage leaves until crispy, 1-2 minutes per side. (To make this easier, use tongs if you have them!) Mix in the pork strips and remove from the heat.

5. DINNER IS READY Make a bed of the creamy pasta, top with the buttery-sage pork strips, and sprinkle over the cheese. Well done Chef!

Chef's Tip Mixing pasta water into your sauce is a great way to enhance it all round! The starch content adds a silky richness to the texture and the salt content lends extra flavour.