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Winter Pork Schnitzel with Creamy Mash and Broccoli

Yep, it's schnitzel time. The turning of the seasons is an exciting time down at the Fresh Farm. We're taking on the responsibility of keeping you stoked up over the colder months and warding off any coughs and colds and it starts right here. What could be more 'winter warming' than a delicious pork schnitzel?!



35 mins



family box



Potato (4)



Broccoli (2)



Onion (2)



Balsamic Vinegar
(2 tbsp)



Pork Fillet (4)




Panko Breadcrumbs
(2 cups)



Sour Cream (2 pots)

Ingredients

	2P	4P
Potato, chopped	-	4
Broccoli, florets	-	2
Onion, sliced	-	2
Balsamic Vinegar 1	-	2 tbsp
Pork Fillet	-	4
Panko Breadcrumbs 2	-	2 cups
Sour Cream 3	-	2 pots

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Sulphites | **2)** Gluten

3) Milk

Nutrition per serving: Calories: 867 kcal | Protein: 47 g | Carbs: 91 g | Fat: 36 g | Saturated Fat: 14 g



1 Peel the potatoes and chop them into roughly 2cm cubes. Separate the broccoli florets from the stalk if it's not already done. Peel the onions and cut them in half through the root. Finely slice the onions widthways into half moon shapes.



2 Heat 2 tbsp of oil in a small pan and add the sliced onions and ½ tsp of salt. Cook over medium-low heat for 15 mins (at least) until the onions are really soft. Add the vinegar and a pinch of sugar (if you have any) and allow to reduce down to a jammy consistency.



3 Lay the pork slices between two sheets of clingfilm. Whack the pork, using the base of a pan or a rolling pin, until it is 1cm thick.



4 Boil a large pot of water on medium-high heat with ½ tsp of salt for the potatoes. Put the breadcrumbs in a big bowl with ¼ tsp of salt and a good few grinds of black pepper. Coat each pork fillet evenly in a tbsp of sour cream. Press each fillet into the breadcrumbs until completely coated.

5 Cook the potatoes in the boiling water for 10-15 mins until cooked through, then drain and mash them. Stir in 1 tbsp of sour cream, 2 tsp of butter (if you have some) and a good pinch of salt and pepper.

6 Boil a large pot of water with ¼ tsp of salt, cook the broccoli for 4 mins until al dente.

7 Heat 2 tbsp of oil in a large frying pan. Lay the pork schnitzels in the pan and cook for 3-4 mins on each side. **Tip:** *Cook these in batches to make sure the pan retains its heat and gives a lovely golden colour to the schnitzels.*

8 Divide the mash and broccoli between your plates and top with the schnitzels and a spoonful of the onion chutney.