







More Than Food
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Summertime Pork Schnitzel with Warm Potato Salad

Food can be a great opportunity for increasing your vocabulary and nowhere is this more apparent than with the word 'schnitzel'. We conjured up a thousand ideas on what this word could mean, though it turns out it simply means 'cut' (as in a 'cut' of meat). The schnitzel also happens to be a close cousin of the escalope, the milanese and the milanese in case you need to order it abroad!

 25 mins

 healthy



New Potatoes (1 pack)



Panko Breadcrumbs
(1 cup)



Pork Medallion
(2)



Sour Cream
(2 tbsp)



Dijon Mustard
(1 tsp)



Balsamic Vinegar
(1 1/2 tsp)



Extra Virgin
Olive Oil (1 tbsp)



Rocket (1 bag)



Black Olives
(1 pack)




Lemon
(1/2)

2 PEOPLE INGREDIENTS

- New Potatoes, quartered
- Panko Breadcrumbs
- Pork Medallion
- Sour Cream
- Dijon Mustard

- 1 pack**
- 1 cup**
- 2**
- 2 tbsp**
- 1 tsp**

- Balsamic Vinegar **1 ½ tsp**
- Extra Virgin Olive Oil **1 tbsp**
- Rocket **1 bag**
- Black Olives, halved **1 pack**
- Lemon **½**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

There are two varieties of panko breadcrumbs: white panko, which is made from white bread without any crust, and tan panko, which is made from the entire loaf.

Allergens: Gluten, Milk, Mustard, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	594 kcal / 2487 kJ	30 g	12 g	43 g	4 g	40 g	1 g

Dijon Mustard Ingredients: Water, Mustard Seeds (30%), Spirit Vinegar, Salt, Acidity Regulator: Citric Acid.

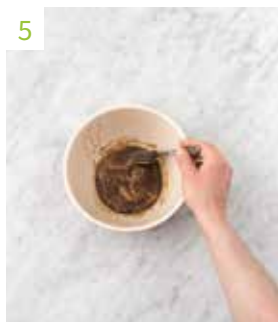


1 Boil a large pot of water with a pinch of **salt** for the potatoes. Wash the **potatoes** (but keep the nutritious skins on). Cut your **potatoes** into quarters. Cook in the boiling water for 10-15 mins, until cooked through.



2 Put the **breadcrumbs** in a big bowl with a pinch of **salt** and a few good grinds of **black pepper**. Coat each **pork medallion** evenly in the **sour cream**, then press each **medallion** into the **breadcrumbs** until completely coated. **Tip:** *You've now made pork schnitzels!*

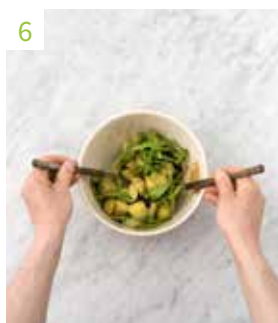
3 Heat a splash of **oil** in a large frying pan. Lay your **pork** in the pan and cook for 4-5 mins on each side. **Tip:** *Cook these in batches to make sure the pan retains its heat and gives a lovely golden colour to the schnitzels. The pork is cooked when it is no longer pink in the middle.*



4 Drain your **potatoes** when they're done and rinse them under cold water for 1 minute. **Tip:** *This will stop them from cooking further and cool them slightly for your warm potato salad.*

5 In a bowl, use a fork to whisk together the **Dijon mustard**, **balsamic vinegar** and **olive oil** (as stated in the ingredient list) with a small pinch of **salt** and **pepper**. **Tip:** *To sweeten the dressing, you can add a pinch of sugar if you have any.*

6 Toss the **rocket** and your slightly cooled **potatoes** in the **dressing**. Halve the **olives** and scatter them on top.



7 Serve your **schnitzels** on your **potato salad** and sprinkle over some **lemon zest**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!