



Product Spotlight: Red cabbage

Red cabbage is chock full of anthocyanin, a specific type of powerful antioxidant that can help boost eyesight!



Crumbed Pork Schnitzels with Roasted Capsicum & Almond Sauce

Herb and garlic lupin crumbed free-range pork steaks served with sweet potato wedges, red cabbage slaw and a blended roasted capsicum and almond sauce.



35 minutes



2 servings



Pork

Braise the cabbage!

If you prefer a warm side, you can cook the cabbage and apple with olive oil and lemon juice in a large frypan until warm and softened to your liking. Add spices like fennel seeds, cinnamon or cloves!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	21g	78g

FROM YOUR BOX

SWEET POTATO	400g
PIQUILLO PEPPERS	1 jar
ALMONDS	40g
LEMON	1
PORK STEAKS	300g
LUPIN CRUMB	40g
RED CABBAGE	1/4
GREEN APPLE	1

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, smoked paprika, olive oil

KEY UTENSILS

oven tray, stick mixer, frypan

NOTES

You can slice and add peppers to the cabbage salad with chopped almonds if you are short on time and don't want to blend the sauce. Serve pork with relish or aioli of choice instead.



1. ROAST THE SWEET POTATO

Set oven to 220°C.

Wedge **sweet potatoes**. Toss with **oil, salt and pepper** on a lined oven tray. Roast for 25–30 minutes or until golden and tender.



2. BLEND THE SAUCE

Drain **peppers** and place in a jug with **almonds**, juice from 1/2 lemon, **2 tsp smoked paprika**, **1 tbsp olive oil** and **1–2 tbsp water**. Blend using a stick mixer until combined (see notes). Season with **salt and pepper** to taste.



3. CRUMB THE PORK

Trim **pork steaks** and use a meat mallet or rolling pin to flatten (roughly 1cm thick). Coat with **oil, salt and pepper** then press into **lupin crumb** to coat.



4. COOK THE PORK

Heat a frypan with **oil/butter** over medium-high heat. Add crumbed **pork** and cook (in batches if needed) for 3–4 minutes each side or until cooked through. Drain on paper towel.



5. MAKE THE SALAD

Slice **cabbage** and **apple**. Dress with **olive oil** and juice from remaining **lemon**.



6. FINISH AND SERVE

Serve pork schnitzels with sweet potato wedges, sauce and salad.



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