




### 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

 4 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** 55g **TOTAL FAT** 41g **CARBOHYDRATES** 62g

## FROM YOUR BOX

SWEET POTATO	800g
PIQUILLO PEPPERS	1 jar
ALMONDS	40g
LEMON	1
PORK STEAKS	600g
LUPIN CRUMB	80g
RED CABBAGE	1/2
GREEN APPLES	2

## FROM YOUR PANTRY

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

## KEY UTENSILS

oven tray, stick mixer, large 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 large 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.



### 5. MAKE THE SALAD

Slice cabbage and apples. 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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