



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 Fennel Slaw

Lupin crumbed free-range pork steaks drizzled with crispy caper butter and served alongside a cooling apple, fennel and red cabbage slaw.

 30 minutes

 2 servings

 Pork

Add some carbs!

This dish is delicious served with sweet potato or potato wedges!

Per serve: **PROTEIN** 38g **TOTAL FAT** 44g **CARBOHYDRATES** 26g

FROM YOUR BOX

RED CABBAGE	1/2
FENNEL	1
RED APPLE	1
DILL	1 packet
CREAMY FRENCH DRESSING	1 sachet
PORK STEAKS	300g
LUPIN CRUMB	40g
BABY CAPERS	1 jar
LEMON	1

FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

KEY UTENSILS

large frypan

NOTES

Use cabbage and fennel to taste. Use a food processor with a slicing attachment to quickly shred the vegetables if you have one.

Reserve any fennel fronds for garnish.



1. PREPARE THE SLAW

Finely slice **cabbage** and **fennel** (see notes). Slice or dice **apple**. Chop **dill**. Toss all together with **creamy French dressing** until combined. Season with **salt and pepper**. Set aside in the fridge until serving.



2. CRUMB THE PORK

Use a meat mallet or rolling pin to flatten the **pork steaks** to roughly 1cm thick (trim steaks if needed). Coat with **oil**, **salt and pepper** then press into **lupin crumbs** to coat.



3. MAKE THE CAPER BUTTER

Drain **capers** and pat dry. Heat a frypan over medium-high heat with **1 tbsp oil**. Add **capers** and cook for 5 minutes until **capers** are crispy. Add **40g butter** to melt and squeeze in **juice from 1/2 lemon** (wedge remaining). Remove to a bowl, keep frypan over heat.



4. COOK THE PORK

Add more **oil** to pan if needed. Add **crumbed pork** and cook for 3-4 minutes each side or until cooked through.



5. FINISH AND SERVE

Divide **fennel slaw** among plates. Add **pork schnitzel** and spoon over **caper butter**. Serve with a **lemon wedge**.



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