

**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.

**Add some carbs!**

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

**30 minutes****4/6 servings****Pork**

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	40g/44g	47g/52g	27g/29g

## FROM YOUR BOX

	4 PERSON	6 PERSON
RED CABBAGE	1/2	2 x 1/2
FENNEL	1	1
RED APPLES	2	2
DILL	1 packet	2 packets
CREAMY FRENCH DRESSING	1 sachet	2 sachets
PORK STEAKS	600g	600g + 300g
LUPIN CRUMB	80g	80g + 40g
BABY CAPERS	1 jar	1 jar
LEMON	1	2



### 1. PREPARE THE SLAW

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

6P – use cabbage to taste.



### 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**. Remove to a bowl, keep frypan over heat.

6P – add **60g butter** to melt and squeeze in juice from **1 lemon**.



### 4. COOK THE PORK

Add more **oil** to pan if needed. Add **crumbed pork** and cook (in batches if needed) 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**.

6P – serve with remaining lemon cut into wedges.

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

## KEY UTENSILS

large frypan

## NOTES

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

Reserve any fennel fronds for garnish.



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