



### Product Spotlight: Lupin Crumbing Mix

This dish features the Super Lupin Crumbing Mix from The Lupin Co. Deliciously nutritious, this clever mix of lupin, herbs and spices is an excellent source of fibre and protein.



## 4 Pork Schnitzels with Apple Slaw

Golden crumbed pork schnitzels with an apple, cabbage and dill coleslaw served with sweet potato wedges and dipping sauce.

 30 minutes

 2 servings

 Pork

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### *A little tip!*

*This dish offers a little stress relief with the meat mallet (or rolling pin!). However, if you prefer not to flatten the fillets you can cook the pork steaks without the crumb coating and sprinkle lupin on top of the sweet potatoes instead.*

Per serve: **PROTEIN** 45g **TOTAL FAT** 20g **CARBOHYDRATES** 64g

## FROM YOUR BOX

SWEET POTATOES	400g
RED APPLE	1
DILL	1 packet
COLESLAW	1 bag (200g)
PORK STEAKS	300g
LUPIN CRUMB	1 packet (50g)
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, mayonnaise (or natural yoghurt), curry powder, apple cider vinegar

## KEY UTENSILS

oven tray, frypan

## NOTES

Flattening the pork steaks will help speed up the cooking time so the crumbed coating doesn't burn. If preferred, you can trim the pork steaks first.

**No pork option – pork steaks are replaced with chicken schnitzels.** Leave out the flattening step and press into crumbs. Cook for 4–5 minutes each side or until cooked through.



### 1. ROAST SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into wedges and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes.



### 2. PREPARE THE SLAW

Combine **1/2 tbsp vinegar**, **1/2 tbsp mayonnaise** (optional) and **1 tbsp olive oil**. Dice or slice apple. Chop dill. Toss together with coleslaw and dressing. Season with **salt and pepper**.



### 3. MAKE DIPPING SAUCE

Combine **1 tsp curry powder** and **1/4 cup mayonnaise** (or yoghurt). Set aside.



### 4. CRUMB THE PORK

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



### 5. COOK THE PORK

Heat a frypan over medium–high heat with **oil**. Cook pork for 3–4 minutes each side or until cooked through.



### 6. FINISH AND PLATE

Divide pork steaks, wedges, slaw and dipping sauce among plates. Serve with a lemon wedge.

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