



quality pork cuts
from Cookstown



lovingly
prepared by
our chefs



for recipes you
can enjoy and
try at home!



pork schnitzels

with lemon and herb coating
and new potatoes

let's cook...

1. In a bowl mix the grated lemon zest, fresh parsley, fresh thyme, rosemary, olive oil, sea salt and cracked black pepper.
2. Get three trays and put seasoned flour in the first, beaten egg and milk in second and the lemon and herb crumb in the third.
3. Take one of the thin cut pork fillet escalopes and place it firstly in the flour, then into the egg wash and finally into the crumb mix. Place this on a tray to one side and repeat this process until all the pork is coated in crumb.
4. Put 1 tablespoon of oil into a frying pan and heat until medium hot. Carefully place the pork schnitzel pieces into the pan laying it away from you. Cook for 3 to 4 minutes (depending on thickness of pork) turning occasionally.

time to dish up...

Serve with a simple freshly dressed salad and some buttered new potatoes.

ingredients

- 1kg Cookstown pork fillet (thinly sliced)
- 200g bread crumbs
- 12g grated lemon zest
- 12g fresh parsley – finely chopped
- 10g fresh thyme – little leaves only
- 5g rosemary – finely chopped
- 10ml olive oil
- Sea salt
- Cracked black pepper
- Flour
- 1x egg
- 20ml milk

serving suggestion

- New potatoes
- Fresh salad

↑
serves 2

