

Quick and easy



# Lemon and herb pork schnitzel

*Serves 1*

155g lean pork loin medallions

20g fine white breadcrumbs

Small bunch parsley, chopped

Zest of 1 lemon, finely grated

Salt and pepper

2 tsp plain flour

1 medium egg, beaten

1½ tsp olive oil

1 tsp butter

70g green beans, trimmed

60g peas

100g mushrooms, sliced

1 clove of garlic, peeled and crushed

2 tsp grain mustard or Dijon mustard

1 tbsp crème fraîche or yoghurt, such as Greek, soy



## Method

Lay the pork between two sheets of clingfilm then bash with a rolling pin to flatten out to thin steaks. Mix the breadcrumbs with the parsley and lemon zest, then season the pork with salt and pepper. Coat the pork in the flour, shake off the excess then dip in the beaten egg. Finally dip in the breadcrumbs, making sure the pork is evenly coated.

Heat the oil and butter in a frying pan over a medium heat, add the pork and fry for 3–4 minutes on each side until golden and crisp. Transfer to a plate lined with kitchen roll.

Whilst the pork is cooking, put the peas and green beans into a bowl with a spoonful of water, cover and microwave for 3–4 minutes until cooked through.

Increase the heat, add the mushrooms and garlic and fry for a few minutes until softened. Remove the pan from the heat, stir in the mustard and crème fraîche and season to taste. Serve the pork with the creamy mushrooms, beans and peas.