

Peppered Pork Schnitzels with Pea Shoots



Serves 2 Prep 10 mins Cooking 10 mins Easy

Ingredients

4 small or 2 large pork escalopes, about 300g in total

75g dried breadcrumbs

1tsp ground black pepper

1 large egg, beaten

flour for dusting

olive oil

2 large handfuls of pea shoots

1/2 small onion, finely sliced

10 cherry tomatoes, halved

1 lemon, half juiced, half in wedges

lemon or lime mayonnaise to serve

1. Put the pork between 2 sheets of cling film and bash gently to uniform thickness. Mix the breadcrumbs, pepper and some salt together and spread over a plate. Put the egg on the other plate. Dust the pork in a little flour, then dip in the egg and coat in the breadcrumbs.
2. Heat 2-3 tbsp olive oil in a non-stick pan. Add the schnitzel and fry on each side for 3 mins until crisp and golden.
3. While the pork is cooking, put the pea shoots, onion and tomatoes in a bowl and dress with lemon juice, olive oil and season. Toss together, then serve with the pork, some lemon wedges and a dollop of mayonnaise.