

# Pork Escalopes with Lyonnaise Potatoes



**Serves 2 - 3**

**Prep 20 mins**

**Cooking 20 mins**

**Easy**

## **Ingredients**

### **For the potatoes**

1 large onion, sliced  
25ml olive oil  
3 large potatoes, peeled & par-boiled for 10 mins, then cut into 5mm-thick slices  
50g butter  
50ml beef stock  
small bunch parsley, leaves picked & chopped

### **For the pork**

1 large pork fillet, cut into 5cm slices  
50g plain flour  
2 eggs  
75g panko breadcrumbs  
50g butter  
50ml olive oil  
sea salt & ground black pepper

1. For the potatoes, fry the onion in the oil in a heavy-based frying pan for a minute or two until softened. Remove from the pan. Add the potatoes and butter, stir and season with salt and pepper. Cook over medium heat for 10 minutes, stirring occasionally. Add the onions back to the pan.
2. For the pork, place the slices between two sheets of cling film and use a rolling pin to flatten them to about 5mm thick. Place the flour in a shallow bowl and season with salt and pepper. Beat the eggs in another bowl, and put the breadcrumbs into a third bowl. Dip each piece of pork in the flour, then in the beaten egg and finally in the breadcrumbs until evenly coated.
3. In a large non-stick frying pan, heat the butter and oil until bubbling and fry the pork escalopes, two or three at a time, over medium heat for 2 minutes on each side. Remove from the heat and place on a warmed serving platter.
4. To finish the potatoes, add the stock to the pan, bring to the boil and add the parsley. Serve with the pork.