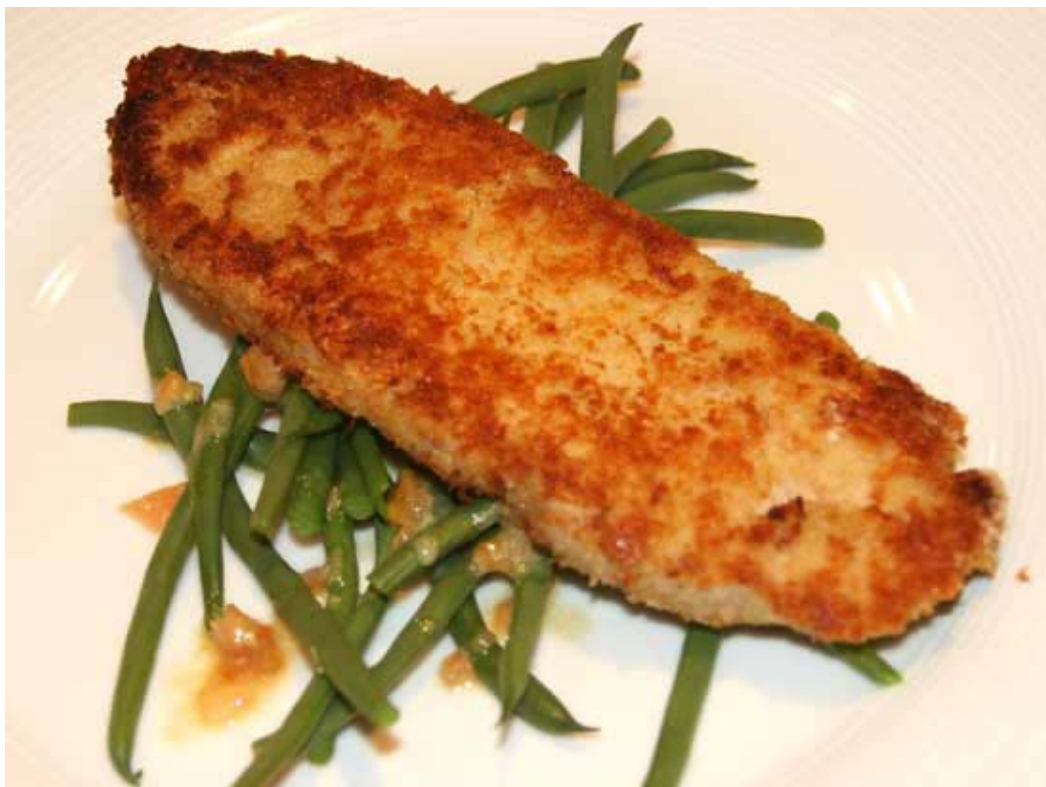


Pork Schnitzel with Warm Lemon & Beans



Serves 2

Prep 15 mins

Cooking 15 mins

Easy

Ingredients

50g dried breadcrumbs
25g parmesan, finely grated
1 egg, beaten
1 tbsp plain flour, seasoned
4 pork escalopes, (300-350g in total)
2 tbsp vegetable oil

Beans

300g fine green beans
butter for frying
1 shallot, finely chopped
2 tsp Dijon mustard
½ lemon, juiced

1. Cook the beans in boiling salted water for 2-3 minutes or until just tender but still bright green, then drain.
2. Heat a large knob of butter in a pan and cook the shallots for 5 minutes or until soft. Stir in the mustard, capers and lemon juice, season and take off the heat.
3. Mix the breadcrumbs and parmesan, and season well. Put the egg and flour on separate plates.
4. Put the pork escalopes between sheets of baking paper and bash them with a rolling pin until approximately 1/2cm thick. Season, then dust in the flour, dip in the beaten egg and coat in the parmesan breadcrumbs.
5. Heat the oil in a large non-stick frying pan. Add the schnitzels and another knob of butter, and fry for 3 minutes on each side until crisp, golden and cooked through.
6. Toss the beans in 1/2 of the dressing over the heat until warmed through, then drizzle over the rest. Serve with the schnitzels.