



## Cheese Stuffed Pork Schnitzel with Tomato, Sage & Parsley Spätzle



# MR HANS

FRESH FAMILY FOOD

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### METHOD:

The key to this recipe is preparing the Cheese Stuffed Schnitzel in advance and leaving it in the fridge for 1 hour to firm up and seal prior to frying. It is best to use Gruyere Cheese, not only as it gives you the authentic flavour, but it melts brilliantly without splitting when cooking. Also, as the Pasta Sauce is stirred into the Spätzle moments before serving, it is a good idea to heat and simmer it through with the extra herbs for a few minutes, to cook the Sage. (Uncooked Sage is not pleasant!) For best results use a Deep Fat Fryer to brown the Schnitzel, and the finish it off in the Oven. If not you can use a Frying Pan or Wok with Vegetable Oil frying for 3 minutes on each side before transferring to the Oven.

### CHEESE STUFFED PORK SCHNITZEL

- Set up 3 Bowls. Each Bowl should be around 20 cm in diameter, (large enough to hold each flattened Pork Medallion)
- Beat the Eggs in 1 Bowl
- Put 4 Tbsps of Flour into the 2nd Bowl, season with Salt & Pepper and mix in with a fork
- Put a generous amount of Panko Breadcrumbs into the 3rd Bowl
- Place each Pork Medallion between 2 x pieces of Cling Film
- With a Kitchen Mallet or Wooden Rolling Pin flatten each Medallion as thin as possible. (try to get each Medallion the same size)

These 2 Pork Medallions have now become 2 Pork Schnitzels

- Cut a 'Credit Card Shape' slice of Gruyere Cheese roughly 1 cm thick
- Place the Cheese in the centre of one of the Schnitzels
- Brush the Schnitzel around the edge of the Cheese. (This helps the seal and lessens the chance of the cheese leaking out when frying)
- Place the 2nd Schnitzel on top and press gently to create a seal
- Secure the Schnitzel parcel with 4 x Bamboo Skewers (if necessary, trim the Bamboo Skewers, leaving 2 cm showing each end)
- Dush the Schnitzel parcel in the Bowl of Flour, shaking off any excess
- Next, completely coat the Schnitzel parcel in with the beaten Egg
- Then transfer to the Bowl of Panko Breadcrumbs and coat well
- Keep the Bowls of beaten Egg and Breadcrumbs to one side for later
- Put the Schnitzel parcel on a plate and leave in the fridge for around 1 hour to firm up and seal
- Once the Schnitzel parcel is chilled, coat again in the beaten Egg and more Breadcrumbs (giving it a 2nd coating)
- Carefully remove the 4 x Bamboo Skewers (giving a slight twist while you pull will help them release)
- Preheat the Oven to 190c or 170c Fan
- Heat the Deep Fat Fryer to 170c (or heat around a cup of Vegetable Oil in a suitable size Frying Pan)
- Deep fry the Schnitzel parcel for around 3 minutes until golden brown (or 3 minutes each side in a Frying Pan)
- Transfer the Schnitzel parcel to the Oven and cook for a further 15 minutes at 190c or 170c Fan
- While the Schnitzel parcel is in the oven prepare the Spätzle in a Large Saucepan as per the packet instructions
- Place half the Pasta Sauce into a small saucepan, add Chopped Sage & Parsley and simmer gently for 5 mins on a low heat
- Drain the Spätzle and return to the Saucepan and add the heated Pasta Sauce along with more Freshly Chopped Parsley
- Remove the Cheese Stuffed Schnitzel from the Oven and cut in half, revealing the melted cheese

Plate the Spätzle and place the cut Cheese Stuffed Schnitzel on top



Prep Time: 10 Mins

Cooking Time: 25 Minutes (Minimum) Serves 1 or 2

### INGREDIENTS:

- 2 x Lean Pork Medallions
- Gruyère Cheese
- Fresh Spätzle
- 1 x Jar of Pasta Sauce
- Chopped Fresh Sage
- Chopped Fresh Parsley
- Salt & Pepper
- Flour
- 2 x Eggs
- Panko Breadcrumbs

### EXTRAS:

- Vegetable Oil (For frying)
- Freshly Chopped Parsley (Optional)



### EQUIPMENT:

- Kitchen Mallet or Wooden Rolling Pin
- Cling Film
- 3 x Small Bowls
- Bamboo Skewers
- Small Saucepan
- Deep Fat Fryer (Preferred)
- Kitchen Wok or Similar (Optional)
- Large Saucepan
- Oven



### CHEAT INGREDIENTS

- Dried Spätzle or Dried Pasta
- Pasta Sauce
- Natural Dried Breadcrumbs

### WHY THESE CHEATS?

"Spätzle is a German Egg Noodle Pasta with a chewy, dumpling-like texture. The short noodles are usually irregularly shaped and made from a simple batter of eggs mixed with flour and milk or water. The rough edges soak up the sauce much better than traditional Pasta. If you can't find fresh or dried Spätzle in the supermarket you can replace this with your favorite Pasta. You will require a small amount of Pasta Sauce (around half a jar) as it is only used to coat the Spätzle. The choice is yours; there are hundreds to choose from in the supermarket. I find it best to use a basic Tomato & Basil Sauce and then add extra herbs and seasoning to enhance the flavour. Sometimes it is hard to get hold of Panko Breadcrumbs. Making your own Breadcrumbs is ideal; try to keep them a bit chunky, similar to Panko. Or use the Natural Dried Breadcrumbs from a packet."