

HOMEMADE SCHNITZEL AND CHIPS



MINUTES TO PREPARE
40



MINUTES TO COOK
40



SERVES
4

INGREDIENTS

For the schnitzel:

50g mixed nuts
100g gluten-free oats
1/2 teaspoon Maldon sea salt
Good grind of pepper
4 pork steaks
2 tablespoons rapeseed oil
150g plain flour or buckwheat flour
1 egg whisked with 1 tablespoon cold water

For the chips:

4 large chipping potatoes
2 tablespoons rapeseed oil

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Firstly, start by preparing the chips as they will take longer to cook.
- 3 Scrub the potatoes and leave the skins on. Slice the potatoes length-ways into 1cm slices. Stack 3 slices on top of each other and slice length-ways again to make chips. Place in a bowl of cold water for 30 minutes to release the starch. Drain the chips and place them in a large pan with cold water. Place a lid on and bring to the boil. As soon as they have boiled, drain them once more.
- 4 Pour the rapeseed oil into a large roasting tray and heat it in the oven for 3 minutes until you hear it popping. Take out the tray and very carefully add the chips (oil and water do not mix well so make sure the chips are fairly dry). Shake the tray to evenly coat the chips. Sprinkle over the salt and bake in the oven for 40 minutes, shaking every now and again to cook them evenly.
- 5 In a food processor blitz the oats, nuts, salt and paprika to a fine crumb and tip it out into a wide bowl, big enough to place the pork steaks in.
- 6 While the chips are in the oven you can start to prepare the schnitzels. Lie the pork steaks on a chopping boards and bash them with a rolling pin until they are 1cm thin and floppy.
- 7 Prepare the schnitzels by repeating the following steps: Place the pork in the flour bowl and cover all over with flour, then dip it in the egg bowl and coat. Finally dip it in the oat mix and coat evenly on both side. Place to the side on a plate and repeat with the next steak.
- 8 Once you have completed the crusts, heat the oil over a high heat in a large frying pan. Place the schnitzel in and cook until golden on both sides. Line a baking tray with baking parchment and once golden, place the schnitzel on the tray. You may need to add more oil in between schnitzels. Place in the baking try when you are ready and cook for 10 minutes.
- 9 Serve the schnitzels with the chips, a wedge of lemon and some greens. Don't forget the ketchup and mayo!