



# ZESTY PORK ESCALOPE

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Prep: 20 Mins  
Total: 40 Mins  
Serves: 10 ppl

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# Ingredients

500g Aloes Meats Pork Fillet  
3 slices thick white bread, torn into pieces  
zest 1 lemon  
50g grated parmesan  
50g cashews  
2 rosemary sprigs, leaves picked  
3 tbsp plain flour  
2 eggs, beaten  
olive oil  
4 lemon wedges

## Method

1. Place fillet between 2 pieces of baking parchment and bash with a rolling pin or meat mallet until about 5mm thick.
2. Portion out escalopes.
3. Set aside.
4. Put the bread, lemon zest, Parmesan, pine nuts and rosemary leaves in the bowl of a food processor and blitz to a fine crumb. Transfer to a shallow bowl.
5. Spread the flour onto a plate and put the egg in a shallow bowl.
6. Season the pork, then dust in flour.
7. Dip each steak into the egg, then press into the crumbs, coating evenly.
8. Heat the oil in a large frying pan and cook the pork for 2-3 mins each side until golden and crunchy.
9. Serve immediately with lemon wedges and tomato and cucumber salad.