

ASIAN SCHNITZEL

2 persons / 577 kcal per serving

Ingredients:

- 150 grams white rice
- 125 ml tap water
- ½ chicken stock tablet
- 1½ tablespoon of oil
- 1 breaded pork cutlets
- 1 medium onion
- 200 grams finely chopped pointed cabbage
- ½ bell pepper
- 60 grams wok sauce five spice
- pepper and salt



Preparation:

Cook the rice according to package instructions. Cut the onion in half rings. Cut the bell pepper into strips. Bring the water to a boil and dissolve the ½ stock tablet. Heat 1 tablespoon of oil in a frying pan and fry the pork cutlets for about 4 minutes per side until golden brown and cooked through. Heat the rest of the oil in a wok and stir fry the onions golden brown in 3 minutes. Add the pointed cabbage and the bell pepper and let the cabbage shrink. Add the stock and 35 grams of wok sauce and bring to a boil. Let the cabbage cook for about 5 minutes. Season it further with pepper. Cut the schnitzel into small pieces, divide them over the plates and spoon 1 tablespoon of wok sauce over each portion. Serve with the rice and braised cabbage.

Nutritional value per portion:

Energy:	577 kcal
Protein:	23.1 grams
Carbohydrates:	83.8 grams
- including sugars:	10.5 grams
Fat:	14.9 grams
Fiber:	6.9 grams
Salt:	5.0 grams