

PORK SCHNITZEL BITES

Feeds: 4
Time to cook: About 20-25 mins
Oven temperature: Gas mark 6, 200°C, 400°F

Take

Lean pork leg steaks
Slices Mozzarella cheese
Breadcrumbs (homemade or shop bought)
Tomato ketchup
Parmesan cheese (optional)



Make

Top **4 lean pork leg steaks** and place on chopping board. Cover with a clear plastic bag and pound with a rolling pin until about 0.5cm (¼”) thick.

Cut each steak into 4 small ‘bite sizes’ and place on top a slice of **Mozzarella cheese, taken from a 150g pack of Mozzarella cheese slices** (each thin slice weighs about 10g (½ oz)).

Squeeze **30ml (2tbsp) tomato ketchup** onto a plate and dip each ‘bite’ into the sauce. Place **50g (2oz) fresh breadcrumbs OR shop bought crumbs, OR 1 small packet low-fat/low-salt ready salted crisps**, finely crunched, onto another plate and season*. Lightly dip both sides of the ‘bite’ into the sauce and then dip into the crumbs or crisps until well covered.

Place on a non-stick baking tray and bake for about 20 minutes until crisp and golden.

Eat

Serve with baked ‘chip’ slices, relish and large mixed salad (*to make the crumb cheesy add 30ml (2tbsp) Parmesan cheese, grated to the breadcrumbs).