



## Pork Cutlets

### Gluten free, 4 servings

Breaded pork cutlets and buttered noodles are comforting and classic. Braised apples and cabbage add tart and sweet flavors to this colorful meal.

**Active** 1 hr **Total** 1 hr

### Pork Cutlets

- Sour cream - 1/3 cup
- Lemon juice - 1 Tbsp
- Mustard, Dijon - 2 tsp
- Pork tenderloin - 1 lb, sliced at a bias
- Lemons - 1/2, wedges
- Flour, any gluten-free - 1/2 cup (sub almond meal)
- Eggs - 1
- Milk - 2 Tbsp
- Panko breadcrumbs, gluten-free - 1/2 cup (sub any gluten-free breadcrumbs)
- Salt - 1/4 tsp
- Black pepper - 1/4 tsp
- Oil, cooking - 2 Tbsp

### Braised Sweet and Sour Cabbage with Apples

- Garlic - 2 cloves, chopped
- Cabbage, red - 16 oz, thinly sliced
- Apples, any type - 1, diced
- Butter - 1 1/2 Tbsp
- Vinegar, apple cider - 1 1/2 Tbsp
- Maple syrup - 1 tsp

### Buttered Noodles

- Noodles, gluten-free fusili - 8 oz (sub any fun gluten-free pasta shape)
- Butter - 1 Tbsp

### Prep

1. Noodles - Boil noodles according to package directions. (Can be done up to 5 days ahead)
2. Garlic / Cabbage - Prep as directed. Store separately. (Can be done up to 4 days ahead)
3. Make creamy Dijon sauce - Whisk together sour cream, lemon juice and mustard. (Can be done up to 4 days ahead)
4. Pork - Slice into 3/4" / 1.9cm thick cutlets. Place each cutlet between two pieces of plastic wrap or parchment paper and pound with a tenderizer until roughly half as thick, like this video for chicken. Season on both sides with some salt and pepper. (Can be done 1 day ahead)
5. Apples / Lemons - Prep as directed. (You can leave the skin on the apples.)
6. Prep breading stations - Put flour into one container or plate. In another container, whisk eggs and milk with some salt and pepper. In a third container or plate, combine breadcrumbs, salt and pepper.

### Make

1. Cook cabbage by heating a saute pan or Dutch oven over medium heat. Add butter (portion for the cabbage) and then garlic and apples to melted butter. Saute for ~2 minutes before adding cabbage with a pinch of salt. Saute for another 14 to 16 minutes, until cabbage is tender.
2. While cabbage is cooking dip each pork cutlet into flour, then egg mixture and finally breadcrumb mixture. Repeat until all cutlets are breaded.
3. Heat a skillet or non-stick pan over medium heat. Add oil and then cutlets to heated oil (do this in batches and / or add some additional oil as needed). Cook for 2-1/2 to 3 minutes on each side, transferring to a plate when cooked through.
4. If noodles were made ahead, reheat in the microwave and toss with butter (portion for the noodles). Season with some salt.
5. Stir vinegar and maple syrup into finished cabbage and season with some salt.
6. Serve pork with noodles, cabbage and creamy Dijon sauce. Squeeze lemon wedges over everything. Enjoy!

### Nutrition per Serving (4 Servings Total)

Calories 659 Total Fat 22g Saturated Fat 9g Trans Fat 0g Cholesterol 146mg Sodium 400mg Total Carbs 77g Dietary Fiber 3g Sugars 9g Protein 42g