



Lemon Sage Pork Cutlets

SERVES 4

INGREDIENTS

4 x 120g pork cutlets/chops (females)
4 x 220g pork cutlets/chops (males)
½ cup sage leaves
2 tablespoons extra virgin olive oil
2 tablespoons lemon juice
1 tablespoon lemon rind
Cracked pepper
1 cucumber, thinly sliced
100g watercress
2 tablespoons lemon juice
Salt and pepper

METHOD

1. Place cutlets in a shallow dish. Finely chop half of the sage and add the oil, lemon juice and rind and pepper in a jug. Whisk to combine. Pour over cutlets and refrigerate for 1 hour.
2. Heat a non-stick frying pan over high heat. Remove cutlets from marinade, reserving marinade, and cook for 3-5 minutes each side until cooked through. Set aside.
3. Add remaining marinade and sage leaves to the hot frying pan and cook for 2-3 minutes until sage is crisp.
4. Combine cucumber, watercress, lemon juice, salt and pepper and toss.
5. Serve the cutlets on a bed of cucumber salad, top with crispy sage and warm dressing

