



Pork Cordon Bleu with vegetables

30'
Hands on

14'
Cook Time

4
Portion(s)

1
Difficulty



Method

For the vegetables

- Place a frying pan over high heat and add the olive oil.
- Add the vegetables, the thyme, the garlic, salt, pepper, and sauté them for 3-4 minutes.
- Add the couscous, the water, and once it comes to a boil, cover with the lid and leave it off the heat for 5-6 minutes, until the couscous and the veggies are tender.

For the pork

- Cut the pork into 4 pieces and score them in the middle to create a pocket.
- Spread some salt and pepper over their whole surface and stuff them with the cheese and the ham. Seal the pockets with wooden skewers and set aside.
- Put the grated bread into a baking pan, along with 1 teaspoon of thyme, and set aside.
- In a bowl add the eggs, the mustard, salt, pepper, 1 teaspoon thyme, mix well, and set aside.
- In another bowl add the flour, salt, pepper, 1 teaspoon thyme, and set aside.
- Add the seed oil into a frying pan or a fryer, and make sure that the oil reaches 160 ° C (320 ° F).
- Dip the pork successively into the flour, the egg, the bread, and fry it for 5-7 minutes until cooked through and nicely golden.
- Remove from the pan, transfer to paper towels, and serve with ketchup, mustard, thyme, and olive oil.

Ingredients

For the vegetables

- 450 g mixed vegetable salad
- 2 tablespoon(s) olive oil
- 1 tablespoon(s) thyme
- 1 clove(s) of garlic
- salt
- pepper
- 200 g water, boiled
- 160 g couscous

For the pork

- 600 g pork
- 100 g cheddar, grated
- 4 slices ham
- salt
- pepper

For the breading

- 100 g bread
- 1 tablespoon(s) thyme
- 3 eggs
- 1 tablespoon(s) mustard
- 100 g all-purpose flour
- salt
- pepper
- 400 ml seed oil, for frying

To serve

- ketchup
- mustard
- thyme
- olive oil

Διατροφικός πίνακας

Nutrition information per portion

810 Calories (kcal)	35.0 Total Fat (g)	12.0 Saturated Fat (g)	59.0 Total Carbs (g)
41%	50%	60%	23%
4.6 Sugars (g)	60.0 Protein (g)	7.2 Fibre (g)	4.7 Sodium (g)
5%	120%	29%	78%