

German Schnitzel Dinner (3 Servings)

Pork Schnitzel

Ingredients:

- 3 pork cutlets (~120–140 g each)
- Salt + MSG (~3/4 tsp total)
- Black pepper
- 50 g flour
- 2 eggs
- 80 g breadcrumbs (panko)
- Canola oil for frying (~4–5 Tb)

Instructions:

1. Pound **pork** to ~5–7 mm thickness.
2. Season both sides with **salt/MSG** and **pepper**.
3. Dredge in **flour**, then **egg**, then **breadcrumbs**.
4. Heat **oil** in pan over **medium-high heat**.
5. Cook **3–4 min first side**, **2–3 min second side** until golden.
6. Drain briefly and **rest 2–3 minutes**.

Nutrition (per serving):

Kcal: 520 | Protein: 38 g | Fat: 28 g | Sat Fat: 6 g | Carbs: 28 g | Sugars: 2 g |
Fiber: 1 g | Sodium: 600 mg | Omega-3: 0.2 g



Bratkartoffeln (Air Fryer + Pan)

Ingredients:

- 600 g potatoes (じゃがいも)
- 120 g bacon
- 90 g onion
- 1.5 T canola oil
- 1–2 tsp extra oil (for pan)
- 3/4 tsp salt + MSG
- Black pepper
- 1.5 T parsley



Instructions:

7. Parboil potatoes 10–12 min, cool, slice 5–7 mm.
8. Toss with 1½ T oil + half seasoning.
9. **Air fry 190°C: 10 min, shake, then 8–10 min.**
10. Cook **bacon** in pan with **1 tsp canola oil**, remove.
11. Add 1–2 tsp oil if needed, cook **onions**.
12. Add **potatoes**, let sit 1–2 min, then toss.
13. Return bacon, season, add parsley.

Nutrition (per serving):

Kcal: 420 | Protein: 14 g | Fat: 20 g | Sat Fat: 6 g | Carbs: 45 g | Sugars: 3 g |
Fiber: 4 g | Sodium: 650 mg | Omega-3: 0.3 g

Air Fryer Asparagus

Ingredients:

- 300 g asparagus
- 2 tsp olive oil
- 1/2 tsp salt + MSG
- Optional lemon

Instructions:

14. Toss **asparagus** with **oil** and **seasoning**.
15. **Air fry at 190°C** for **6–8 minutes**.
16. Finish with **lemon** if desired.



Nutrition (per serving):

Kcal: 90 | Protein: 4 g | Fat: 5 g | Sat Fat: 1 g | Carbs: 8 g | Sugars: 3 g | Fiber: 4
g | Sodium: 300 mg | Omega-3: 0.1 g