



# UCOOK

## Parsley-crumbed Beef Schnitty

with a pecan nut & apple salad

Allow us to introduce to you a match made in heaven — parsley & panko are combined to form a delicious & herby crumb. Tender beef schnitty is completely covered in this combo and fried to golden perfection. Sided with 'just-one-more' potato wedges, a crunchy salad, and a dollop of mustard for dunking. Sounds good, doesn't it?

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Fan Faves

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 Waterford Estate | Waterford Old Vine Chenin Blanc

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## Ingredients & Prep

800g	Potato <i>rinsed &amp; cut into wedges</i>
60ml	NOMU Beef Rub
60g	Pecan Nuts <i>roughly chopped</i>
600g	Free-range Beef Schnitzel (without crumb)
40g	Fresh Parsley <i>rinsed &amp; finely chopped</i>
400ml	Panko Breadcrumbs
160ml	Cake Flour
80g	Salad Leaves <i>rinsed &amp; shredded</i>
1	Apple <i>rinsed &amp; sliced into wedges</i>
40ml	Willowcreek Pomegranate Dressing
10g	Fresh Chives <i>rinsed &amp; roughly chopped</i>
60ml	Wholegrain Mustard

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Paper Towel

**1. ON A WEDGE** Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. FEELING NUTTY** Place the chopped pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. OH CRUMBS!** Pat the schnitzels dry with paper towel. Place the chopped parsley, the breadcrumbs, and seasoning in a shallow dish. Prepare two more shallow dishes: one containing the flour and the remaining rub, and the other containing 2 eggs and 2 tsp of water. Coat the schnitzel in the flour first, then in the egg, and, lastly, in the crumb.

**4. GOLDEN & GORGEOUS** Return the pan to medium-high heat with enough oil to cover the base. When hot, carefully lower the crumbed schnitzels into the hot oil. Fry until cooked through and golden, 1-2 minutes per side. Drain on paper towel.

**5. GET DRESSED** In a salad bowl, combine the shredded salad leaves, the apple wedges, the pomegranate dressing, ½ the toasted pecans, a drizzle of olive oil, and seasoning.

**6. TIME TO DINE!** Plate up the crispy schnitzel. Side with the crunchy salad and the crispy sweet potato wedges. Sprinkle the remaining pecans and the chopped chives over the salad. Side with the mustard for dunking. Look at that, Chef!



## Chef's Tip

Air fryer method: Coat the potato wedges in oil, ½ the NOMU rub, and seasoning. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	540kJ
Energy	129kcal
Protein	8.1g
Carbs	18g
of which sugars	3.5g
Fibre	2.5g
Fat	3g
of which saturated	0.4g
Sodium	137mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts

Cook  
within 3  
Days