



UCOOK

Banging Beef Schnitzel & Fritters

with loaded guacamole & a vibrant fresh salad

Mexican spiced beef schnitzel with golden sweetcorn fritters, topped with loaded guacamole bursting with coriander & diced sun-dried tomato. Served with a simple side salad of leaves and cucumber, this dish is dressed to impress!

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 Robertson Winery | Cabernet Sauvignon

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

50g	Corn
86,25ml	Flour Mix <i>(85ml Cake Flour & 1,25ml Baking Powder)</i>
10ml	NOMU BBQ Rub
25ml	Low Fat Plain Yoghurt
40g	Guacamole
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
10g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
150g	Free-range Beef Schnitzel (without crumb)
20g	Salad Leaves <i>rinsed</i>
50g	Cucumber <i>cut into half-moons</i>

From Your Kitchen

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

1. LIFE'S BATTER WITH FRITTERS! Preheat the oven to 100°C. In a small bowl, beat 1 egg. In a large bowl, combine the corn, the flour mix, and ½ the BBQ rub. Pour in the yoghurt, ½ tsp of a sweetener of choice, seasoning, and ½ the beaten egg. Mix until fully combined, thick, and sticky. If the batter is too stiff, loosen with water in 5ml increments until slightly loosened.

2. GUAC MY WORLD In a bowl, add the guacamole, ½ the chopped coriander, ½ the chopped sun-dried tomatoes and seasoning. Mix until fully combined.

3. FRY ME A RIVER Place a pan over a medium-high heat with enough oil to cover the base. Once hot, scoop 2 tbsp of the fritter batter into the hot oil. Flatten slightly and repeat with the remaining batter, leaving a 1cm gap between each fritter. You may need to do this step in batches. Fry for 2-3 minutes per side until golden and cooked through. Remove from the pan and drain on paper towel. Once all the fritters are fried, place on a lightly greased baking tray and pop in the oven to keep warm until serving.

4. SIGNED, SEARED, DELIVERED Wipe down the pan and return to a medium-high heat with a drizzle of oil. When hot, fry the schnitzel for 1-2 minutes per side until golden and cooked through. In the final 1-2 minutes, use a knob of butter and the remaining BBQ rub to baste the schnitzel. Remove from the pan on completion and season.

5. FINAL TOUCHES In a bowl, combine the rinsed salad leaves, the cucumber half moons, seasoning, the remaining sun-dried tomatoes, and a drizzle of oil. Toss until fully combined.

6. PLATE THE SNITCH! Plate up the BBQ beef schnitzel alongside the golden sweetcorn fritters. Dollop on the loaded guacamole. Side with fresh salad and garnish with the remaining coriander. Well done, Chef.



Chef's Tip

If you have any sweetcorn fritters leftover from dinner, simply reheat and eat for breakfast with eggs!

Nutritional Information

Per 100g

Energy	566kJ
Energy	135Kcal
Protein	11.3g
Carbs	13g
of which sugars	1.8g
Fibre	1.5g
Fat	3.7g
of which saturated	0.9g
Sodium	150.6mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days