

Eat Within 3 Days

COOK

Beef & Caramelised Onion Baguette

with gherkins

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	694kJ	3694kJ
Energy	166kcal	883kcal
Protein	10.1g	53.7g
Carbs	18g	97g
of which sugars	3.6g	19g
Fibre	1.3g	7g
Fat	5.7g	30.4g
of which saturated	0.7g	3.8g
Sodium	198mg	999mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion *peel & finely dice ½ [1]*
150g	300g	Beef Schnitzel (without crumb)
5ml	10ml	NOMU One For All Rub
1	2	Sourdough Baguette/s
50ml	100ml	Mustard Mayo *(40ml [80ml] Mayo & 10ml [20ml] Mustard)*
20g	40g	Green Leaves *rinse*
20g	40g	Gherkins *drain & roughly slice*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. SWEET ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

2. NOMU-SPICED SCHNITZEL Return the pan to medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season, and cut into strips.

3. TOAST & DRIZZLE Halve the sourdough baguette/s, and spread butter or oil over the cut-side. Place a clean pan over medium heat. When hot, toast the halves, cut-side down, until golden, 1-2 minutes. In a bowl, combine the mustard mayo and a splash of water until drizzling consistency.

4. BEST BAGUETTE EVER Top the bottom half of the baguette/s with the green leaves, the gherkins, the onions, the schnitzel, and drizzle over the mayo. Close up and enjoy.