



WCOOK

Lemony Beef Schnitzel

with mashed potato & sour cream

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info

	Per 100g	Per Portion
Energy	417kj	1724kj
Energy	100kcal	412kcal
Protein	10.2g	41.9g
Carbs	9g	39g
of which sugars	0.9g	3.6g
Fibre	1.4g	5.6g
Fat	2.4g	9.9g
of which saturated	1.1g	4.5g
Sodium	63mg	409mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
150g	300g	Beef Schnitzel (without crumb)
5ml	10ml	NOMU One For All Rub
30ml	60ml	Sour Cream
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
10ml	20ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Milk (optional)
Paper Towel
Butter

1. MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. SOME PREP Pat the schnitzels dry with paper towel. Coat in the NOMU rub, a drizzle of oil, and seasoning. In a small bowl, loosen the sour cream with a splash of water, and season. In a salad bowl, toss the leaves with a drizzle of olive oil and seasoning.

3. FRY THE BEEF Place a grill pan or a pan over medium-high heat. When hot, sear the schnitzels until browned, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter and the lemon juice. Remove from the pan, reserving any pan juices, and season.

4. TIME TO EAT Plate up the mash alongside the lemony schnitzels. Drizzle over the reserved pan juices and the sour cream. Side with the dressed leaves. Well done, Chef!