

Eat Within 3 Days

QCOOK

Beef Schnitzel & Creamy-lemon Sauce

with a fresh salad

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Villiera Wines | Villiera Merlot

Nutritional Info	Per 100g	Per Portion
Energy	374kJ	2141kJ
Energy	90kcal	512kcal
Protein	7.7g	44.3g
Carbs	9g	50g
of which sugars	1.2g	7.1g
Fibre	1.4g	7.8g
Fat	2.6g	14.6g
of which saturated	1.4g	7.9g
Sodium	121mg	693mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse & cut into wedges*
150g	300g	Beef Schnitzel (without crumb)
10ml	20ml	Spiced Mix *(5ml [10ml] NOMU Rub & 5ml [10ml] Cornflour)*
1	1	Garlic Clove *peel & grate*
20g	40g	Capers *drain & roughly chop*
30ml	60ml	Lemon Juice
30ml	60ml	Crème Fraîche
1	1	Tomato *rinse & roughly dice ½ [1]*
20g	40g	Salad Leaves *rinse & roughly shred*

From Your Kitchen

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

1. HOT POTATO Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SPICED SCHNITZEL Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel, and coat with the spice mix. When hot, sear the schnitzel until browned, 1-2 minutes per side. In the final 30-60 seconds, remove from the pan, and season.

3. CREAMY CAPERS Return the pan to medium heat with a knob of butter and fry the garlic and capers until fragrant, 1-2 minutes. Deglaze the pan with ½ the lemon juice and a splash of water. Remove from the heat and mix in the crème fraîche. Season.

4. ADD SOME FRESHNESS In a salad bowl, combine the remaining lemon juice, a drizzle of olive oil, and seasoning, and mix until combined. Add the tomatoes and salad leaves.

5. TA-DA! Plate up the schnitzel and pour over the lemon caper sauce. Serve with the potato wedges and salad on the side.

Chef's Tip Deglazing is a cooking technique where you add liquid to a hot pan to dissolve and lift up the caramelized bits of food. It will sizzle and steam right away

be careful.