



UCOOK

Beef Schnitzel & Dill-whipped Feta

with charred leeks & a broccoli salad

The beef schnitzel, fried in butter and NOMU Provençal rub, is accompanied by dill-whipped feta. Sided with charred leeks and a broccoli, pea & radish salad. It's not too good to be true!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Rhea Hsu

 Carb Conscious

 Waterkloof | Peacock Syrah

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Ingredients & Prep

1	Low Fat Yoghurt Plain 90ml
90g	Danish-style Feta <i>drained</i>
8g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
120g	Peas
300g	Leeks <i>trimmed at the base & halved lengthways</i>
300g	Broccoli Florets <i>cut into bite-sized pieces</i>
450g	Free-range Beef Schnitzel (without crumb)
30ml	NOMU Provençal Rub
30ml	Lemon Juice
60g	Salad Leaves <i>rinsed & roughly shredded</i>
60g	Radish <i>rinsed & cut into thin rounds</i>

From Your Kitchen

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

1. WHIPPED FETA In a small bowl, combine the yoghurt and the drained feta. Mash with a fork until combined. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. Mix through ½ the chopped dill and seasoning.

2. GREEN PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. CHARRED LEEKS Rinse the halved leeks. Place a pan with a lid over medium-high heat with a drizzle of oil. When hot, add the leeks cut-side down and fry until charred, 8-10 minutes (shifting occasionally). Add a splash of water and cover. Simmer until the water has evaporated, 2-3 minutes. In the final 30 seconds, toss in a knob of butter. Remove from the pan, season, and cover.

4. CRUNCHY BROCC Return the pan to medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

5. BUTTERED BEEF Return the pan to 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. You may need to do this step in batches.

6. FAB SALAD In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the shredded leaves, the peas, the radish rounds, and the charred broccoli.

7. TIME TO DINE Plate up the beef schnitzel and dollop the dill-whipped feta on the side. Side with the buttery charred leeks and the dressed salad. Garnish with the remaining dill. Enjoy!

Nutritional Information

Per 100g

Energy	383kj
Energy	92kcal
Protein	10g
Carbs	7g
of which sugars	2g
Fibre	1.9g
Fat	2.8g
of which saturated	1.4g
Sodium	169mg

Allergens

Dairy, Allium

Cook
within 5
Days