



UCOOK

Beef Schnitzel & Loaded Leafy Greens

with zingy radish & sweet roasted butternut

This dish aims to give you everything you want from a wholesome meal, without the stress of carbs overstaying their welcome! Beef schnitzel is the star of the show in this dish, with a delicious loaded salad featured as the supporting act.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Megan Bure

 Carb Conscious

 Creation Wines | Creation Rosé 2022

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Ingredients & Prep

500g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
1	Red Onion <i>peeled & cut into wedges</i>
20ml	NOMU Spanish Rub
200g	Cucumber <i>roughly diced</i>
200g	Baby Tomatoes <i>quartered</i>
40g	Radish <i>rinsed & sliced into rounds</i>
1	Lemon <i>zested & cut into wedges</i>
50ml	Low Fat Plain Yoghurt
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
300g	Free-range Beef Schnitzel (without crumb)
40g	Salad Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. A WHOLE ROAST OF POSSIBILITIES Preheat the oven to 200°C. Place the butternut chunks and onion wedges on a roasting tray, coat in oil, ½ the rub, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. LOOKING FRESH In a salad bowl, combine the diced cucumber, the quartered tomatoes, the radish rounds, a drizzle of oil, a squeeze of lemon juice, a pinch of lemon zest, and seasoning. In a separate bowl, combine the yoghurt, some lemon juice (to taste), ½ the chopped parsley, and seasoning.

3. DON'T BE SHY, LET'S FRY! Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, pan-fry the schnitzels for 30-60 seconds per side until golden and cooked through. In the final 30 seconds, use a knob of butter or a drizzle of oil and the remaining rub to baste the schnitzels. Remove from the pan on completion. Allow to rest for a minute before slicing. Lightly season the slices.

4. IT'S A TOSS UP When the butternut and onion are done, add to the salad bowl with the cucumber & tomato. Toss until fully combined.

5. HEALTHY & DIVINE! Plate up a generous helping of the leafy loaded salad. Side with the smoky beef slices and sprinkle over the remaining chopped parsley. Serve the lemony yoghurt on the side, as well as any remaining lemon wedges. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	241kJ
Energy	58kcal
Protein	5.6g
Carbs	6g
of which sugars	1.8g
Fibre	1.4g
Fat	0.7g
of which saturated	0.2g
Sodium	81mg

Allergens

Dairy, Allium

Cook
within
4 Days