



U C O O K

— COOKING MADE EASY

GUILT-FREE BEEF SCHNITZEL


with rocket pesto & roast sweet potato

Gluten-free schnitzel? You don't have to ask us twice! With a homemade, crispy crust of cheese and quinoa, toasted almonds, and a pesto-drizzled tomato and rocket salad, this dish is a must.

Prep + Active Time: 30 minutes

Total Cooking Time: 45 minutes

 **Serves:** 4 people

 **Chef:** Samantha Finnegan

 **Health Nut**

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Ingredients

| | |
|-------|---|
| 1kg | Sweet Potato <i>rinsed & cut into bite-size pieces</i> |
| 40g | Flaked Almonds |
| 160ml | Plain Yoghurt |
| 60ml | Pesto to Princess Rocket Pesto |
| 200ml | Red & White Quinoa |
| 160ml | Grated Italian Hard Cheese |
| 80ml | Corn Flour |
| 600g | Beef Schnitzel |
| 400g | Baby Tomatoes <i>quartered</i> |
| 80g | Green Leaves <i>rinsed</i> |

From Your Kitchen

Salt & Pepper
Milk (optional)
Eggs
Water
Paper Towel
Oil (cooking, olive or coconut)



CHEF'S TIP

Quinoa is a great higher-protein, higher-fiber alternative to other grains. Plus you get the added benefit of Magnesium and Calcium which helps to produce vital, oxygen-carrying, red blood cells

1. SWEET POTATO ROAST

Preheat the oven to 200°C. Spread out the sweet potato pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and starting to crisp, shifting halfway.

2. TOASTED ALMONDS

Place a pan, large enough for the schnitzels, over a medium heat. When hot, toast the flaked almonds for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. DRESSING

Combine the yoghurt and the rocket pesto in a bowl. Add milk or water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

4. QUINOA CRUST

Mix the quinoa and the grated Italian hard cheese in a dish. In a second dish, whisk 2 eggs with 1 tsp of water. Prepare a third dish containing the corn flour, seasoned lightly. Pat the schnitzels dry with some paper towel. Pass a schnitzel through the corn flour, then the egg, then the quinoa mixture. When passing through the quinoa mixture, press it into the meat so it sticks and coats evenly. Make sure the schnitzel is fully coated in each mixture before moving on to the next one. Dust off excess mixture between each coating. Repeat this step with each schnitzel.

5. FRY YOUR SCHNITZELS

Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the schnitzels for 2-3 minutes per side, keeping a close eye on them so the quinoa doesn't burn. Once cooked through and golden, remove from the pan. Set aside to drain on some paper towel for 5 minutes. Do this step in batches and pop them in the oven for 2-3 minutes to heat up again.

6. JUST BEFORE SERVING

Using a salad bowl, toss the rinsed green leaves and quartered baby tomatoes with a drizzle of olive oil and some seasoning.

7. CRUNCH TIME!

Load up some roast sweet potato and a crispy schnitzel. Serve the fresh salad on the side and drizzle over the pesto and yoghurt dressing. Last but not least, garnish with the toasted flaked almonds. You nailed it, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|-----|
| Energy (kj) | 561 |
| Energy (kcal) | 134 |
| Protein | 9 |
| Carbs | 15 |
| of which sugars | 3 |
| Fibre | 2 |
| Fat | 4 |
| of which saturated | 1 |
| Salt | 0 |

Cook within: 4 days

Allergens: Egg Dairy Allium Tree Nuts



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