



# UCOOK

## Portuguese Beef Prego Roll

with corn on the cob & yoghurt slaw

These Portuguese rolls are packed full of flavour: a perfectly seared marinated beef schnitzel sits on top of a crisped-up bread base, topped with sweet, caramelised onions and finger-licking prego sauce. Finished with a side of charred corn on the cob and a creamy slaw. Get the napkins ready!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 4 People

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**Chef:** Rhea Hsu

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 Fan Faves

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 Waterford Estate | Waterford OVP Chenin Blanc 2020

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## Ingredients & Prep

|       |                                                    |
|-------|----------------------------------------------------|
| 600g  | Free-range Beef Schnitzel<br>(without crumb)       |
| 40ml  | NOMU Spanish Rub                                   |
| 2     | Onions<br><i>peeled &amp; finely sliced</i>        |
| 2     | Garlic Cloves<br><i>peeled &amp; grated</i>        |
| 4     | Corn on the Cob<br><i>silks removed</i>            |
| 200g  | Cabbage<br><i>finely sliced</i>                    |
| 160ml | Low Fat Plain Yoghurt                              |
| 15g   | Fresh Chives<br><i>rinsed &amp; finely chopped</i> |
| 40g   | Sunflower Seeds                                    |
| 4     | Portuguese Rolls                                   |
| 200ml | Prego Sauce                                        |

## From Your Kitchen

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

**1. READY, SET, PRE-GO!** Pat the schnitzel dry with paper towel. Place in a bowl with a drizzle of oil, the rub, and seasoning. Set aside to marinate. Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, add the sliced onion and fry for 15-18 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste). In the final minute, add the grated garlic. Remove from the heat and cover to keep warm.

**2. POP THE COB ON THE HOB** While the onions are frying, place a pan, with a lid, over high heat. Add a drizzle of oil and a splash of water just to cover the base. Once simmering, place the corn on the cob in the pan and pop on the lid. Cook for 6-7 minutes until most of the water has evaporated. Remove the lid, add a knob of butter, and fry for 2 minutes until golden, turning as it colours. Set aside to cool.

**3. CREAMY CHIVES AND CABBAGE** In a bowl, combine the sliced cabbage, the yoghurt, ½ the chopped chives, the sunflower seeds, seasoning and a sweetener of choice (to taste). Set aside for serving.

**4. HEAR THAT SCHNITTY SIZZLE** Return the pan to a high heat with a drizzle of oil. When hot, pan-fry the marinated schnitzels for 30-60 seconds per side until golden and cooked through. You might have to do this step in batches. In the final minute, use a knob of butter to baste the schnitzels. Remove from the pan and season.

**5. ROLL WITH IT** Halve the Portuguese rolls and spread butter over the cut-side or brush with oil. Return the pan, wiped down, to a medium heat. When hot, add the halved buns, cut-side down, and toast for 1-2 minutes until crisp.

**6. IT'S PREGO PERFECTION** Load up the toasty rolls with the beef schnitzel & caramelised onions, and drizzle over the prego sauce. Side with the charred corn and the yoghurt slaw. Garnish with the remaining chives. Cheers, Chef!



## Chef's Tip

If you would like to toast the sunflower seeds, place them in a pan over medium heat. Toast for 2-4 minutes until lightly browned. Remove from the pan and set aside to cool.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 478kj   |
| Energy             | 115kcal |
| Protein            | 8.4g    |
| Carbs              | 15g     |
| of which sugars    | 3.7g    |
| Fibre              | 1.5g    |
| Fat                | 2g      |
| of which saturated | 0.5g    |
| Sodium             | 203mg   |

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Soy

Cook  
within  
4 Days