



UCOOK

Beef Schnitzel Napoletana

with olives, rustic sweet potato mash & sunflower seeds

Browned beef is layered between a rich and tangy tomato sauce, pops of salty olives, and melted cheese, which is baked to perfection. Sided with a rustic sweet potato mash and a simple salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Stettyn Wines | Stettyn Family Range Cabernet Sauvignon 2021

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Ingredients & Prep

250g	Sweet Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
10g	Sunflower Seeds
150g	Free-range Beef Schnitzel (without crumb)
1	Onion <i>peel & finely dice ½</i>
1	Garlic Clove <i>peel & grate</i>
10ml	NOMU Italian Rub
100g	Cooked Chopped Tomato
20g	Pitted Kalamata Olives <i>drain & cut in half</i>
30g	Mozzarella Cheese <i>grate</i>
10ml	Red Wine Vinegar
20g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. SMASH OUT THE MASH 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 until golden, 25-30 minutes (shifting halfway). Place the roasted sweet potato in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. YOU HAD ME AT SCHNITZEL Return the pan to high heat with a drizzle of oil. Pat the beef schnitzels dry with paper towel and season. When hot, fry the schnitzels until browned, 30-60 seconds per side. Remove from the pan.

4. I SAY TO-MATO, YOU SAY, TOMA-TO Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft and golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the chopped tomato and 150ml of water. Simmer until slightly reduced, 10-12 minutes. Add a sweetener (to taste) and seasoning.

5. SAY CHEESE! Place the browned schnitzels in an even layer in a deep roasting tray. Cover with the tomato sauce. Sprinkle over the halved olives and the grated cheese. Pop in the hot oven and bake until the cheese is melted, 3-5 minutes.

6. SOME FRESHNESS In a bowl, combine the vinegar, 5ml of a sweetener, a drizzle of olive oil, and seasoning. Toss through the shredded leaves and the toasted sunflower seeds.

7. DINNER IS READY Plate up the rustic mash. Serve with the saucy & cheesy beef napoletana and the fresh salad.

Nutritional Information

Per 100g

Energy	382kJ
Energy	91kcal
Protein	6.9g
Carbs	9g
of which sugars	3.8g
Fibre	1.6g
Fat	2.4g
of which saturated	0.8g
Sodium	128mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days