



UCCOOK

Green Fields Sun-dried Tomato Schnitty

with pickled onions & potato mash

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Groote Post Winery | Groote Post Seasalter Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	369kJ	2002kJ
Energy	88kcal	479kcal
Protein	4.2g	22.6g
Carbs	12g	67g
of which sugars	2.8g	15g
Fibre	1.6g	8.9g
Fat	2.8g	15.1g
of which saturated	0.2g	0.8g
Sodium	106mg	573mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
30g	40g	Almonds
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
60g	80g	Piquanté Peppers <i>drain</i>
60ml	80ml	White Balsamic Vinegar
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Dried Thyme
60g	80g	Sun-dried Tomatoes
45ml	60ml	Cake Flour
150ml	200ml	ButtaNutt Almond Milk
3	4	Green Fields Vegan Chicken-style Schnitzels

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Plant-based Butter Alternative
Milk or Milk Alternative
Paper Towel

1. SMASH OUT THE MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of plant-based butter (optional) and a splash of water or alternative milk (optional). Mash with a fork, season, and cover.

2. NUTS & SALAD Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. In a bowl, toss together the salad leaves, the cucumber, the peppers and the almonds, some olive oil and the white balsamic. Season and set aside.

3. THYME-INFUSED TOMATO Return the pan over medium heat with a drizzle of oil or a knob of plant-based butter. When hot, fry the garlic, the thyme, and the sun-dried tomatoes and fry until fragrant, 2-3 minutes (shifting constantly). Remove the pan from the heat. Set aside.

4. READY THE ROUX Return the pan to medium heat with 45ml [60ml] of oil or butter alternative (optional). Vigorously whisk in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the almond milk and cook until thickened slightly (stirring constantly). Loosen with a splash of water if the sauce is too thick. Season and remove from the heat. Mix in the sun-dried tomato mix and cover with a lid and set aside.

5. SUPERB SCHNITZEL Place a clean pan over medium heat with a drizzle of oil. When hot, fry the Green Fields schnitzel until golden and crispy, 2-3 minutes a side. Remove from the pan and drain on paper towel. You may need to do this step in batches.

6. A TASTE OF COOKING TALENT Plate up the mash. Side with the schnitzel, pouring the creamy sauce over the schnitzel and mash. Side with the fresh salad. Enjoy, Chef!