

QCOOK

Beef Schnitzel & Black Pepper Sauce

with golden wedges & a cucumber salad

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Zevenwacht | The Tin Mine Red

Nutritional Info	Per 100g	Per Portion
Energy	356kJ	1914kJ
Energy	85kcal	458kcal
Protein	8.5g	45.6g
Carbs	10g	52g
of which sugars	1.9g	10.3g
Fibre	1.3g	7.3g
Fat	1.4g	7.4g
of which saturated	0.6g	3.3g
Sodium	68mg	366mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into wedges</i>
5ml	10ml	Dried Oregano
5ml	10ml	Beef Stock
150g	300g	Beef Schnitzel (without crumb)
15ml	30ml	Black Pepper Mix <i>(5ml [10ml] Black Peppercorns & 10ml [20ml] Flour)</i>
100ml	200ml	Full Cream UHT Milk
15ml	30ml	Balsamic Vinegar
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

Butter

1. ROAST Boil the kettle. Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, oregano, and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. BEEF When the roast has 8-10 minutes to go, dilute the stock with 1 [2] tbsp of water. Place a pan over high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 1-2 minutes per side. In the final 30 seconds, baste with a knob of butter. Remove from the pan and season.

3. BLACK PEPPER SAUCE Return the pan to a medium heat with a knob of butter. Cook the black pepper mix until lightly golden, 1-2 minutes. Stir in the diluted stock, the milk, and simmer until slightly thickening, 1-2 minutes. Loosen with warm water if it's too thick. Remove from the pan and add a pinch of salt.

4. SALAD In a salad bowl, combine the balsamic vinegar, a drizzle of olive oil and mix to emulsify. Add the salad leaves, cucumber, seasoning, and toss to coat.

5. CLASSIC DINNER Dish up the golden potato wedges, side with the schnitzel and spoon over the sauce. Serve alongside the simple salad and enjoy, Chef.