



UCOOK

Crumbed Schnitty & Sweet Potato Mash

with a glossy cranberry sauce & a fresh apple salad

There are few things more festive than cranberry sauce — so what better way to start the summer festivities than with a beautifully homemade Outcast schnitty, mustard-laced buttery sweet potato mash, and tangy cranberry sauce? Served alongside a fresh apple salad to add that extra summer punch!


Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Veggie

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021

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Ingredients & Prep

7,5g	Pine Nuts
250g	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
7,5ml	Dijon Mustard
55g	Outcast Burger Mix
10g	Dried Cranberries
70ml	Festive Wine <i>(20ml Orange Juice & 50ml Red Wine)</i>
1	Cinnamon Stick
7,5ml	Cornflour
40ml	Cake Flour
50ml	Panko Breadcrumbs
1	Apple <i>½ sliced into thin matchsticks</i>
20g	Green Leaves <i>rinsed & gently shredded</i>

From Your Kitchen

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

1. TOASTING TIME Boil the kettle. Place a pot over a medium heat. Once hot, toast the pine nuts for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan.

2. MASH MAGIC Place a pot of cold salted water over a high heat. Add the sweet potato chunks and bring to a boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Stir through the mustard, a splash of milk or water and a knob of butter or a drizzle of oil. Season to taste and cover to keep warm for serving.

3. REHYDRATION STATION Place the burger mix, a pinch of salt, and 50ml of boiling water in a shallow bowl. Mix until combined. Add water in 10ml increments if it's not coming together. Set aside.

4. CRANBERRY CRAZY Return the pot to a medium heat. When hot, add the cranberries, the festive wine, 50ml of water, and the cinnamon stick. Lower the heat and leave to simmer for 10-15 minutes until thickened, stirring frequently. On completion, the sauce should have a syrup-like consistency. Remove the cinnamon stick before serving.

5. CRUMBED SCHNITTY Shape the burger mixture into a 1cm thick schnitzel. In a shallow dish, whisk the cornflour with 20ml of water. Prepare two more shallow dishes: one containing the flour (lightly seasoned) and the other containing the panko crumb. Coat the schnitzel in the flour first, then the cornflour, and lastly the crumb. Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the crumbed schnitzel for 1-2 minutes per side until golden and crisp. Remove from the pan on completion, drain on paper towel, and season.

6. SALAD STEP In a salad bowl, add the apple matchsticks, the toasted pine nuts, the shredded green leaves, a drizzle of olive oil, and seasoning. Toss until fully combined.

7. FESTIVE FEASTING Dish up a hearty plate of buttery mashed potatoes and the crumbed schnitty. Spoon over the syrupy cranberry sauce, and side with the fresh apple salad. Merry munching, Chef!



Chef's Tip

To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.

Nutritional Information

Per 100g

Energy	529kj
Energy	126kcal
Protein	3.2g
Carbs	23g
of which sugars	5.9g
Fibre	5g
Fat	1.4g
of which saturated	0.2g
Sodium	139mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Cook
within
4 Days