



UCOOK

Roasted Beet Salad & Pork Schnitzel

with cabbage & mayo

A spiced crumb-coated pork schnitzel shares a plate with oven-roasted beetroot, tossed together with creamy and zesty cabbage. Finished with a nutty crunch of toasted almonds. It's the simple things in life that count, Chef!

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Jade Summers

Simple & Save

Stettyn Wines | Stettyn Family Range Chenin Blanc 2023

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Ingredients & Prep

800g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
20g	Almonds <i>roughly chop</i>
600g	Pork Schnitzel (without crumb)
200ml	Spiced Flour <i>(160ml Cornflour & 40ml NOMU Peri-peri Rub)</i>
200g	Cabbage <i>rinse & thinly slice</i>
100ml	Mayo
20ml	Lemon Juice

From Your Kitchen

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

1. CAN'T BEET THIS Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. ALL THE ALMONDS 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.

3. SPICY SCHNITZEL Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. Coat the schnitzel in the spiced flour, dusting off any excess flour.

4. CRUMB-LICIOUS! Place a pan over high heat with enough oil to cover the base. When hot, fry the crumbed schnitzel until browned and cooked through, 30-60 seconds per side. Remove from the pan, drain on paper towel, and season. You may need to do this step in batches.

5. CREAMY SLAW & BEETROOT In a bowl, combine the roasted beets, the shredded cabbage, the mayo, the lemon juice (to taste), and seasoning.

6. SET THE TABLE Plate up the crumbed schnitzel, and side with the roasted beet salad. Scatter over the toasted almonds. Tuck in!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	462kj
Energy	111kcal
Protein	7.8g
Carbs	9g
of which sugars	2.1g
Fibre	1.8g
Fat	4.2g
of which saturated	0.6g
Sodium	64mg

Allergens

Allium, Sulphites, Tree Nuts

Eat
Within
2 Days