



UCCOOK

Beef Schnitzel & Mash

with cabbage & apple matchsticks

Let your imagination soar and your taste buds reach new heights with this scrumptious sweet potato rustic mash, nestled next to a crunchy beef schnitzel, sided with a cabbage & apple matchstick medley. The Wonka-wow factor comes when you drizzle the oregano-infused burnt butter over all of this, Chef!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kelly Fletcher

 Fan Faves

 Creation Wines | Creation Merlot

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-sized pieces</i>
40ml	Cake Flour
100ml	Panko Breadcrumbs
150g	Free-range Beef Schnitzel (without crumb)
3g	Fresh Oregano <i>rinsed, picked & dried</i>
100g	Cabbage <i>rinsed & thinly shredded</i>
1	Onion <i>¼ peeled & roughly sliced</i>
1	Apple <i>½ rinsed, peeled, cored & cut into matchsticks</i>
1	Lemon <i>¼ rinsed & cut into wedges</i>

From Your Kitchen

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

1. RUSTIC MASH Preheat the oven to 200°C. Spread 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 (optional). Mash with a fork and cover.

2. SOME PREP Whisk 1 egg in a bowl. Prepare two more shallow dishes: one containing the flour (lightly seasoned) and the other containing the breadcrumbs. Pat the schnitzel dry with paper towel. Coat the schnitzel in the seasoned flour first, dusting off any excess flour. Next, coat in the whisked egg, and, lastly, coat in the breadcrumbs. Repeat this step with each schnitzel. Set aside.

3. FRY THE CRUMBED SCHNITZ Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed schnitzel until browned, 30-60 seconds per side. Remove from the pan, drain on paper towel, and season.

4. OREGANO BURNT BUTTER Return the pan to medium-high heat with a drizzle of oil and 30g of butter. Once foaming, fry the picked oregano until crispy, 1-2 minutes per side. (To make this easier, use tongs if you have them!) Drain on paper towel. Reserve the oregano-infused butter for serving.

5. CABBAGE Rinse and slice ½ the apple into matchsticks. Return the pan to medium heat with a drizzle of oil. When hot, fry the shredded cabbage and the sliced onion until slightly wilted but still crunchy, 1-2 minutes. Remove from the heat and place in a bowl. Add the apple matchsticks and the juice from 1 lemon wedge. Toss to combine and season.

6. DINNER IS READY Plate up the rustic mash, side with the crumbed beef schnitzel, and drizzle over the oregano-infused burnt butter. Side with the cabbage and apple mix. Serve any remaining lemon wedges on the side. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	403kj
Energy	96kcal
Protein	5.9g
Carbs	16g
of which sugars	4.7g
Fibre	2g
Fat	0.6g
of which saturated	0.2g
Sodium	42mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within
4 Days