



UCOOK

Chimichurri Beef Schnitzel Salad

with roasted onion & butternut

You'll be walking with pride to the dinner table as you plate up seared beef schnitzel, drizzled with a homemade chimichurri, made with fresh parsley & chilli. Served with sides of oven-roasted butternut & onion and a toasted pumpkin seed, tomato & fresh kale salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

***New Calorie Conscious**

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
1	Onion <i>peel & cut into wedges</i>
10g	Pumpkin Seeds
6g	Mixed Herbs <i>(3g Fresh Parsley & 3g Fresh Coriander)</i>
50g	Kale <i>rinse & roughly shred</i>
10ml	Apple Cider Vinegar
10ml	Lemon Juice
1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
80g	Baby Tomatoes <i>rinse & cut in half</i>
150g	Beef Schnitzel (without crumb)

From Your Kitchen

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

1. BUTTERNUT & ONION Preheat the oven to 200°C. Spread out the butternut wedges, and $\frac{3}{4}$ of the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and golden, 30-35 minutes (flipping halfway).

2. PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. Rinse, pick and roughly chop the mixed herbs.

3. CRISPY KALE Place the shredded kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated.

4. CHIMI-STYLE DRESSING In a blender, add the vinegar, the lemon juice, the chilli (to taste), the chopped herbs, the remaining onion (to taste), and a drizzle of olive oil until slightly loosened. Blend until smooth and season.

5. SIMPLE SALAD To the bowl with the fresh kale, add the halved tomatoes, the toasted seeds, and seasoning.

6. SEAR THE SCHNITZEL Return the pan to medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. Remove from the pan and season.

7. WELL DONE Plate up the seared schnitzel, and top with the homemade chimichurri sauce. Side with the fresh salad, and the roasted veg. Enjoy, Chef!



Chef's Tip

If you prefer your kale crispy, place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the vegetable roast has 10 minutes remaining, scatter over the dressed kale. Roast for the remaining time.

Nutritional Information

Per 100g

Energy	285kj
Energy	68kcal
Protein	6.3g
Carbs	7g
of which sugars	2g
Fibre	2g
Fat	1g
of which saturated	0.3g
Sodium	21.2mg

Allergens

Allium, Sulphites

Eat
Within
4 Days