



UCOOK

Crumbed Veg Schnitty & Mustard Mayo

with gem squash & cabbage

A crispy crumbed Outcast Burger Mix schnitzel (which you are going to make and shape yourself!) is sided with tender gem squash halves and sautéed cabbage. A fresh radish & green leaf salad, along with a sprinkling of sunflower seeds, brings some added crunch to this already amazing dish.


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Leopard's Leap | Culinaria Chenin blanc

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Ingredients & Prep

1	Gem Squash
55g	Outcast Burger Mix
7,5ml	Cornflour
40ml	Cake Flour
50ml	Panko Breadcrumbs
100g	Cabbage <i>roughly shredded</i>
5ml	Wholegrain Mustard
20ml	That Mayo (Vegan)
40g	Green Leaves <i>rinsed</i>
20g	Radish <i>rinsed & sliced into rounds</i>
15ml	Red Wine Vinegar
5g	Sunflower Seeds

From Your Kitchen

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

1. PRECIOUS GEMS Place the gem squash in a pot, fully submerge in water, and place over a high heat. Once boiling, cook for 20-25 minutes until easily pierced through with a knife. Remove from the pot on completion and cut in half – take care not to burn yourself! Scoop out the seeds and discard. Add a drizzle of oil and some seasoning. Cover to keep warm until serving.

2. VEGGIE MIX Boil a full kettle. Place the burger mix, a pinch of salt, and 100ml of boiling water in a shallow bowl. Mix until fully combined, but not for longer than about 30 seconds. Cover with a plate and set aside for at least 10 minutes.

3. LET'S GET IN FORMATION Shape the rehydrated 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. Set aside.

4. CABBAGE & MUSTARD MAYO Place a non-stick pan over a medium high heat with a drizzle of oil. When hot, fry the shredded cabbage for 2-3 minutes until soft but still crunchy, shifting occasionally. Remove from the pan on completion, season, and cover to keep warm. Set aside. In a bowl, combine the rinsed green leaves, the radish rounds, the vinegar (to taste), a drizzle of oil, and some seasoning.

5. GOLDEN & GORGEOUS Return the pan, wiped down, to 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. In a bowl, combine the rinsed green leaves, the radish rounds, the vinegar (to taste), a drizzle of oil, and some seasoning.

6. NO TO MEAT, YES TO YUM! Plate up the steaming gem squash halves. Side with the crisp golden schnitty. Serve with the sautéed cabbage and the radish salad. Sprinkle over the sunflower seeds and serve with the mustard mayo for dunking. Divine, Chef!



Chef's Tip

If you would like to toast your sunflower seeds, place in a pan over a medium heat. Toast for 2-4 minutes until lightly browned. Remove from the pan and set aside to cool.

Nutritional Information

Per 100g

Energy	524kj
Energy	125kcal
Protein	4.1g
Carbs	18g
of which sugars	2.2g
Fibre	4.9g
Fat	2.8g
of which saturated	0.6g
Sodium	161mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days