



UCOOK

German Beef Schnitzel & Mushroom Sauce

with lemon-caper sweet potato mash

Golden fried beef schnitzel is served with a rich mushroom gravy. Placed on a bed of smooth lemon-caper sweet potato mash with fresh green beans, it's the ultimate easy weeknight dinner!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Ella Nasser

 Quick & Easy

 Simonsig | Kaapse Vonkel Brut Rosé

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Ingredients & Prep

1kg	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
250g	Button Mushrooms
40g	Capers
320g	Green Beans
15g	Fresh Parsley
40g	Sunflower Seeds
40ml	Lemon Juice
100ml	White Wine
20ml	Cake Flour
20ml	Beef Stock
200ml	Fresh Cream
600g	Free-range Beef Schnitzel (without crumb)

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Milk (optional)
Sugar/Sweetener/Honey (optional)

1. HOT POTATO Place the sweet potato chunks in a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes.

2. QUICK PREP Roughly slice the mushrooms. Drain and roughly chop the capers. Rinse and trim the green beans. Rinse and roughly chop the parsley.

3. A POP OF GREEN BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the trimmed green beans until starting to char, 6-7 minutes (shifting occasionally). Remove from the pan, season, and cover.

4. LEMONY MASH When the sweet potato is done, drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and toss through the roughly chopped capers, ½ of the chopped parsley and lemon juice (to taste).

5. GERMAN JAEGER SAUCE Return the pan to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced mushrooms until soft and golden, shifting as they colour, 4-5 minutes. Add the white wine and cook until almost evaporated, 2-3 minutes. Add the flour, and cook stirring constantly, 1-2 minutes. Add the stock, the cream and 200ml of water, adding more if necessary. Simmer until slightly thickened, 2-4 minutes. Season to taste with salt, pepper, and a sweetener (optional). Set aside and cover.

6. PERFECT SCHNITTY Place a pan over high heat with a drizzle of oil. When hot, fry the schnitzels until golden and cooked through, 30-60 seconds per side. You might have to do this step in batches. In the final minute, baste with a knob of butter. Season.

7. GUTEN APPETIT Dish up the tangy mash potato and golden beef schnitzel. Pour over the German mushroom sauce and serve the green beans on the side. Garnish with the remaining parsley. Yummy!

Nutritional Information

Per 100g

Energy	419kJ
Energy	100kcal
Protein	6.9g
Carbs	8g
of which sugars	3.2g
Fibre	1.6g
Fat	3.6g
of which saturated	2g
Sodium	84.9mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within 3
Days