

# UCCOOK

## Green Fields Sun-dried Tomato Schnitty

with mashed potatoes

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 3 & 4

**Chef:** Jenna Peoples

**Wine Pairing:** Waterkloof | Beeskamp Chenin Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 415kJ    | 2072kJ      |
| Energy             | 99kcal   | 495kcal     |
| Protein            | 4.6g     | 23.1g       |
| Carbs              | 14g      | 71g         |
| of which sugars    | 2.7g     | 13.7g       |
| Fibre              | 1.8g     | 8.9g        |
| Fat                | 3g       | 15g         |
| of which saturated | 0.2g     | 0.8g        |
| Sodium             | 114mg    | 568mg       |

**Allergens:** Soya, Gluten, Allium, Wheat, Sulphites, Tree Nuts

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 |       | [Serves 4]                                                               |
|----------|-------|--------------------------------------------------------------------------|
| 600g     | 800g  | Potato<br><i>rinse, peel (optional) &amp; cut into bite-sized pieces</i> |
| 30g      | 40g   | Almonds                                                                  |
| 60g      | 80g   | Salad Leaves<br><i>rinse</i>                                             |
| 150g     | 200g  | Cucumber<br><i>rinse &amp; cut into half-moons</i>                       |
| 60g      | 80g   | Piquanté Peppers<br><i>drain</i>                                         |
| 45ml     | 60ml  | White Balsamic Vinegar                                                   |
| 2        | 2     | Garlic Cloves<br><i>peel &amp; grate</i>                                 |
| 8g       | 10g   | Fresh Thyme<br><i>rinse</i>                                              |
| 60g      | 80g   | Sun-dried Tomatoes<br><i>wipe clean &amp; roughly slice</i>              |
| 45ml     | 60ml  | Cake Flour                                                               |
| 150ml    | 200ml | ButtaNutt Almond Milk                                                    |
| 3        | 4     | Green Fields Vegan<br>Chicken-style Schnitzels                           |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Plant-based Butter Alternative  
Milk or Milk Alternative  
Paper Towel

**1. SMASH OUT THE MASH** Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of plant-based butter (optional) and a splash of water or alternative milk (optional). Mash with a fork, season, and cover.

**2. NUTS & SALAD** 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. In a bowl, toss together the salad leaves, the cucumber, the peppers and the almonds, some olive oil and the white balsamic. Season and set aside.

**3. THYME-INFUSED TOMATO** Return the pan over medium heat with a drizzle of oil or a knob of plant-based butter. When hot, fry the garlic, the thyme and the sun-dried tomatoes and fry until fragrant, 2-3 minutes (shifting constantly). Remove the pan from the heat and discard the thyme sprigs. Set aside.

**4. READY THE ROUX** Return the pan to medium heat with 45ml [60ml] of oil or butter alternative (optional). Vigorously whisk in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the almond milk and cook until thickened slightly (stirring constantly). Loosen with a splash of water if the sauce is too thick. Season and remove from the heat. Mix in the sun-dried tomato mix and cover with a lid and set aside.

**5. SUPERB SCHNITZEL** Place a clean pan over medium heat with a drizzle of oil. When hot, fry the Green Fields schnitzel until golden and crispy, 2-3 minutes a side. Remove from the pan and drain on paper towel. You may need to do this step in batches.

**6. A TASTE OF COOKING TALENT** Plate up the mash. Side with the schnitzel, pouring the creamy sauce over the schnitzel and mash. Side with the fresh salad. Enjoy, Chef!