



UCOOK

Sun-dried Tomato Salad & Beef

with white basmati rice & basil pesto

Tender beef schnitzel slices are basted in butter and NOMU Roast Rub. Fluffy white basmati rice is served alongside. This dish is finished off with a delish sun-dried tomato, pea & green bean salad.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Creation Wines | Creation Pinot Noir

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Ingredients & Prep

75ml	White Basmati Rice
80g	Green Beans
40g	Sun-dried Tomatoes
20g	Salad Leaves
15ml	Pesto Princess Basil Pesto
40g	Peas
15ml	Balsamic Vinegar
150g	Free-range Beef Schnitzel (without crumb)
5ml	NOMU Roast Rub
10g	Sunflower Seeds

From Your Kitchen

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

1. FLUFFY RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary and fluff up with a fork.

2. PESTO & PREP Rinse, trim, and slice the green beans into thirds. Drain and roughly chop the sun-dried tomatoes. Rinse the salad leaves. In a bowl, combine the pesto with oil in 5ml increments until drizzling consistency.

3. VIBRANT SALAD Place a pan over a medium-high heat. Add a drizzle of oil, a pinch of salt, and a splash of water to cover the base. When starting to bubble, simmer the sliced green beans for 3-4 minutes until cooked al dente. In the final minute, add the peas and simmer until heated through. On completion, drain and transfer to a salad bowl along with the chopped sun-dried tomatoes and the rinsed salad leaves. Toss through seasoning, the vinegar, a drizzle of oil, and a sweetener of choice (to taste).

4. SCHNITTY Return the pan to a high heat with a drizzle of oil. When hot, pan-fry the schnitzel for 30-60 seconds per side until golden and cooked through. In the final minute, baste with a knob of butter and the rub. Remove from the pan, reserving the pan juices, and slice. Season to taste.

5. TAGLIATA TIME! Dish up the basmati rice alongside the beef slices. Drizzle over the pan juices. Serve the green bean salad on the side and scatter over the sunflower seeds. Garnish with drizzles of the basil pesto. Well done, Chef!



Chef's Tip

If you want to toast your sunflower seeds, place the seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

Nutritional Information

Per 100g

Energy	688kj
Energy	165kcal
Protein	11.6g
Carbs	18g
of which sugars	3.9g
Fibre	2.4g
Fat	5.1g
of which saturated	0.9g
Sodium	127mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days