



# UCOOK

## Beef Schnitzel & German Mushroom Sauce

with lemon-caper sweet potato mash

Golden fried meat cutlets are served with rich mushroom gravy — that's German Jaegerschnitzel! To make this classic recipe even easier, we are using a no-crumbs beef schnitzel instead of pork. Served on a bed of smooth lemon-caper sweet potato mash with green beans, it's the ultimate easy weeknight dinner!

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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 Quick & Easy

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 Creation Wines | Creation Merlot 2020

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## Ingredients & Prep

500g	Sweet Potato <i>peeled &amp; cut into bite-sized chunks</i>
125g	Button Mushrooms
20g	Capers
160g	Green Beans
8g	Fresh Parsley
20ml	Lemon Juice
50ml	White Wine
10ml	Cake Flour
10ml	Beef Stock
100ml	Fresh Cream
300g	Free-range Beef Schnitzel (without crumb)

## From Your Kitchen

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

**1. HOT POTATO** Place a pot of cold salted water over high heat. Add the sweet potato chunks and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion and return to the pot.

**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, cook the trimmed green beans for 2-3 minutes until slightly charred. Season and remove from the pan.

**4. LEMONY MASH** When the sweet potato is done, add a splash of milk or water, a knob of butter or coconut oil, and some seasoning. Mash with a potato masher or fork until smooth. 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 for 3-4 minutes until soft and golden, shifting as they colour. Add the white wine and cook for 1-2 minutes or until almost evaporated. Add the flour, and cook for 1-2 minutes, stirring constantly. Add the stock, the cream and 100ml of water, adding more if necessary. Simmer for 2-4 minutes until slightly thickened. Season to taste with salt, pepper, and a sweetener of choice (optional). Set aside and cover to keep warm.

**6. PERFECT SCHNITZ** Place a nonstick pan over high heat with a drizzle of oil. When hot, fry the schnitzels for 30-60 seconds per side until golden and cooked through. In the final minute, baste the schnitzels with a knob of butter. Remove from the pan and 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	420kJ
Energy	100kcal
Protein	6.9g
Carbs	8g
of which sugars	3.2g
Fibre	1.6g
Fat	3.6g
of which saturated	2g
Sodium	86mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Alcohol

Cook  
within  
4 Days