



QCOOK

Golden Beef Schnitty & Cheese Sauce

with a zesty cucumber salad

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	550kj	3812kj
Energy	132kcal	912kcal
Protein	9.1g	63.1g
Carbs	13g	92g
of which sugars	3.3g	22.6g
Fibre	1.3g	9.1g
Fat	3.6g	25.2g
of which saturated	2g	14.1g
Sodium	131mg	907mg

Allergens: Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse, peel (optional) & cut into skinny, 5mm thick fries</i>
5ml	10ml	NOMU Italian Rub
40ml	80ml	Cake Flour
100ml	200ml	Panko Breadcrumbs
150g	300g	Beef Schnitzel (without crumb)
10g	20g	Pumpkin Seeds
100ml	200ml	Low Fat UHT Milk
50g	100g	Emmental Cheese <i>grate</i>
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
5ml	10ml	Old Stone Mill Salad Sprinkle Spice
15ml	30ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Egg/s
Butter
Milk (optional)

1. START THE SWEET POTATO CHIPS Boil the kettle. Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato, season, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 30-35 minutes. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. COAT & CRUMB

Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the NOMU rub, and $\frac{3}{4}$ of the flour (seasoned lightly), and one containing the crumb. Coat the schnitzels in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Repeat this step with each schnitzel. Place in the fridge to rest.

3. TOASTED SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SUPER SCHNITZ Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed schnitzel until browned, 30-60 seconds per side. Remove from the pan, drain on paper towel, and season.

5. CHEESY SAUCE Place a pot over medium heat with 10g [20g] of butter. Once melted, vigorously mix in the remaining flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the cheese and stir until melted. Loosen with warm water or milk (optional) if the sauce is too thick. Season and remove from the heat.

6. ZESTY GREEN SALAD

In a bowl, combine the green leaves, the cucumber, the salad sprinkle, and the lemon juice (to taste). Season and set aside.

7. TUCK IN Plate up the crumbed schnitzel, and top with the cheese sauce. Side with the golden sweet potato chips, and the fresh salad.