



# UCOOK

## German Beef Dinner

**with crispy ciabatta slices**

Germans are world renowned for their talent to make tasty schnitzels. Like with this sensational stew, made with thin beef schnitzel slices embraced by a rich tomato passata & vegetable stock. Add flavours of garlic, crème fraîche & cheddar, plus crispy ciabatta to scoop up the goodness, and you're sorted for the season, Chef!

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Suné van Zyl

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Fan Faves

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Laborie Estate | Laborie Merlot 2021

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## Ingredients & Prep

300g	Free-range Beef Schnitzel (without crumb)
1	Onion <i>peel &amp; finely slice</i>
1	Bell Pepper <i>rinse, deseed &amp; cut into strips</i>
20ml	Spicy Herb Rub <i>(10ml Dried Oregano, 8ml NOMU Italian Rub &amp; 2ml Cayenne Pepper)</i>
1	Garlic Clove <i>peel &amp; grate</i>
200ml	Tomato Passata
10ml	Vegetable Stock
80ml	Crème Fraîche
60g	Cheddar Cheese <i>grate</i>
2	Ciabatta Rolls

## From Your Kitchen

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

**1. SEAR THE SCHNITZEL** Boil the kettle. Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. Remove from the pan, season, and thinly slice.

**2. TOMATO & VEG SAUCE** Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion and peppers until soft, 4-5 minutes. Add the spicy rub and the grated garlic, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, the vegetable stock, and 300ml of water. Simmer until the sauce has reduced, 12-15 minutes. Remove from the heat, mix through a sweetener (to taste), the crème fraîche, the beef slices, and seasoning. Sprinkle over the grated cheese and cover until melted.

**3. GOLDEN CIABATTA** Slice the ciabatta squares into 2-3cm thin slices. Spread butter (optional) or oil over the slices. Place a pan over medium heat. When hot, toast the ciabatta slices until golden, 1-2 minutes per side.

**4. GUTEN APPETIT!** Bowl up the creamy beef and veg sauce. Serve the crispy bread slices alongside, ready to scoop and eat.

## Nutritional Information

Per 100g

Energy	445kj
Energy	106kcal
Protein	7.1g
Carbs	10g
of which sugars	2.8g
Fibre	1.6g
Fat	3.8g
of which saturated	1.9g
Sodium	170mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Eat  
Within  
4 Days