



# UCCOOK

## Tangy Sweet Chilli Sauce & Beef Dinner

with a creamy guacamole salad

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Muratie Wine Estate | Muratie Melck's-Blended Red

### Nutritional Info

	Per 100g	Per Portion
Energy	385kj	3545kj
Energy	92kcal	848kcal
Protein	5.3g	48.4g
Carbs	6g	59g
of which sugars	2.6g	23.8g
Fibre	2.5g	22.8g
Fat	5.3g	48.6g
of which saturated	0.4g	3.7g
Sodium	116mg	1072mg

**Allergens:** Cow's Milk, Allium, Sesame, Peanuts, Sulphites, Sugar Alcohol (Sweetener)

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
15ml	30ml	Mixed Nuts & Seeds <i>(2,5ml [5ml] White Sesame Seeds, 2,5ml [5ml] Black Sesame Seeds &amp; 10g [20g] Peanuts)</i>
1	1	Onion <i>peel &amp; roughly slice ½ [1]</i>
1	1	Bell Pepper <i>rinse, deseed &amp; cut ½ [1] into bite-sized pieces</i>
50ml	100ml	Sweet Chilli Mayo <i>(30ml [60ml] Mayo &amp; 20ml [40ml] Carb Smart Sweet Chilli Sauce)</i>
1 unit	1 unit	Guacamole
10ml	20ml	Lemon Juice
3g	5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
120g	240g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
150g	300g	Beef Schnitzel (without crumb)
7.5ml	15ml	NOMU One For All Rub

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter  
Seasoning (salt & pepper)

1. **TOASTY & NUTTY** Roughly chop the nut & seed mix. Place in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. **ONIONS & PEPS** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). In the final 5 minutes, add the pepper and fry until charred. Remove from the pan, season, and set aside.

3. **MAKE THE SAUCES** Loosen the sweet chilli mayo with a splash of water. In a separate bowl, combine the guacamole with the lemon juice (to taste), ½ the coriander, and seasoning. Set both sauces aside.

4. **QUAC SALAD** To a salad bowl, add the salad leaves and the carrot, ½ the toasted nuts & seeds, and the tangy guacamole. Set aside.

5. **FRY THE MEAT** Place a clean pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. Baste with a knob of butter and the NOMU rub, then remove from the pan, reserving any pan juices, and season before slicing.

6. **TIME TO DINE** Make a bed of the carrot salad. Top with the onion and pepper. Serve the beef alongside, drizzled with any pan juices. Drizzle over the sweet chilli mayo and sprinkle over the remaining mixed nuts & seeds. Garnish with the remaining coriander. Delish, Chef!