



# WCOOK

## Golden Beef Schnitty & Cheese Sauce

with a zesty olive & feta salad

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Muratie Wine Estate | Muratie Mr May Grenache

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 521kJ    | 38801kJ     |
| Energy             | 125kcal  | 909kcal     |
| Protein            | 9.2g     | 67.2g       |
| Carbs              | 12g      | 89g         |
| of which sugars    | 1.7g     | 12.1g       |
| Fibre              | 1.3g     | 9.3g        |
| Fat                | 4.3g     | 31.1g       |
| of which saturated | 2.4g     | 17.5g       |
| Sodium             | 119mg    | 864mg       |

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                  |
|----------|------------|----------------------------------------------------------------------------------|
| 200g     | 400g       | Potato<br><i>rinse &amp; cut into wedges</i>                                     |
| 20g      | 40g        | Salad Leaves<br><i>rinse</i>                                                     |
| 45ml     | 90ml       | Herby Flour<br><i>(5ml [10ml] NOMU Italian Rub &amp; 40ml [80ml] Cake Flour)</i> |
| 100ml    | 200ml      | Panko Breadcrumbs                                                                |
| 150g     | 300g       | Beef Schnitzel (without crumb)                                                   |
| 100ml    | 200ml      | Low Fat UHT Milk                                                                 |
| 50g      | 100g       | Emmental Cheese<br><i>grate</i>                                                  |
| 20g      | 40g        | Pitted Kalamata Olives<br><i>drain &amp; roughly slice</i>                       |
| 20g      | 40g        | Danish-style Feta<br><i>drain</i>                                                |
| 1        | 1          | Tomato<br><i>rinse &amp; cut into thin wedges</i>                                |
| 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 POTATO WEDGES** Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. COAT & CRUMB** Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing  $\frac{3}{4}$  of the flour (seasoned lightly), and one containing the crumb. Coat the schnitzel/s 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. SUPER SCHNITTY** Place a pan over 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.

**4. 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.

**5. ZESTY GREEN SALAD** In a bowl, combine the olives, feta, tomato, salad leaves, and the lemon juice (to taste). Season and set aside.

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