



WCOOK

Tangy Sweet Chilli Sauce & Beef Dinner

with a creamy guacamole salad

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 3 & 4

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 3	[Serves 4]	
45ml	60ml	Mixed Nuts & Seeds (7,5ml [10ml] White Sesame Seeds, 7,5ml [10ml] Black Sesame Seeds & 30g [40g] Peanuts)
2	2	Onions <i>peel & roughly slice, 1½ [2]</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
150ml	200ml	Sweet Chilli Mayo (90ml [120ml] Mayo & 60ml [80ml] Carb Smart Sweet Chilli Sauce)
2 units	2 units	Guacamole
30ml	40ml	Lemon Juice
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
360g	480g	Carrot <i>rinse, trim & peel into ribbons</i>
450g	600g	Beef Schnitzel (without crumb)
22.5ml	30ml	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, 10-12 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!