



UCCOOK

Pecan-crusted Beef Schnitzel

with roasted sweet potato & chive-laced
crème fraîche


A delicious schnitzel is coated in a crust made from panko breadcrumbs, a cheese-laced flour & pecan nuts. Om nom nom, Chef! This beautifully crispy schnitzel is sided with golden-roasted sweet potato wedges and a green & feta salad. On the side is a creamy, chivey dip for dunking. You're welcome!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Waterford Estate | Waterford Old Vine Chenin Blanc

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
10ml	NOMU Italian Rub
40g	Pecan Nuts
50ml	Cheesy Flour <i>(25ml Grated Italian-style Hard Cheese & 25ml Cake Flour)</i>
80ml	Panko Breadcrumbs
150g	Free-range Beef Schnitzel (without crumb)
30ml	Crème Fraîche
4g	Fresh Chives <i>rinsed & finely chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
20g	Green Leaves <i>rinsed</i>
1	Green Bell Pepper <i>½ rinsed, deseeded & cut into thin strips</i>
30g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. SWEET ON SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until cooked through and crispy, 30-35 minutes (shifting halfway).

2. YES, YOU PE-CAN! Place the pecans in a pan over a medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and finely chop until a loose crumb texture.

3. THE SCHNITZEL STEP In a shallow dish, whisk 1 egg with ½ tsp of water. Prepare two more shallow dishes: one containing the cheesy flour (seasoned lightly) and the other containing a mix of the breadcrumbs and the chopped pecan nuts. Coat the beef schnitzel in the flour first, then in the egg, and lastly in the breadcrumbs. When passing through the crumb, press it into the meat so it coats evenly. Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the schnitzel until golden, 2-3 minutes per side. Remove from the pan, season, and drain on paper towel.

4. VIBE WITH THE CHIVES In a small bowl, combine the crème fraîche, ½ the chopped chives, and the lemon zest (to taste). Add a splash of water to loosen. Season and set aside.

5. IT'S A GO FOR GREENS In a salad bowl, combine a squeeze of lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the green leaves, the pepper slices, and the feta.

6. FOOD'S READY! Plate up the pecan-crusted schnitzel and serve the golden potato wedges on the side. Pile up the green salad and garnish it all with the remaining chives. Serve the chive-creme on the side for dipping.

Nutritional Information

Per 100g

Energy	632kj
Energy	151kcal
Protein	7.9g
Carbs	13g
of which sugars	3.2g
Fibre	2g
Fat	7.6g
of which saturated	2.5g
Sodium	142mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts

Cook
within 3
Days