



UCCOOK

Mayo & Chive Beef Dinner

with sunflower seeds

Crispy baby potatoes share a plate with buttery, NOMU One For All Rub-spiced beef schnitzel and a toasted sunflower seed & fresh greens salad. Dolloped with a chive-infused mayo for that extra yum factor.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Shiraz

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Ingredients & Prep

250g	Baby Potatoes <i>rinse & halve</i>
10g	Sunflower Seeds
20g	Salad Leaves <i>rinse & roughly shred</i>
3g	Fresh Chives <i>rinse & finely chop</i>
50ml	Mayo
150g	Beef Schnitzel (without crumb)
5ml	NOMU One For All Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. O BABY BABY POTATOES Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. NUTTY SALAD In a bowl, combine the shredded leaves, the toasted nuts, a drizzle of olive oil, and seasoning.

4. CHIVE MAYO To a bowl, add the chopped chives, the mayo, and a splash of water. Season and set aside.

5. SEARED SCHNITZEL 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, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

6. GRAB A KNIFE & FORK Plate up the fried schnitzel. Side with the crispy potato and dressed salad leaves. Dollop over the chive mayo. Well done, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	622kJ
Energy	149kcal
Protein	9.1g
Carbs	11g
of which sugars	2.4g
Fibre	1.1g
Fat	7.3g
of which saturated	0.8g
Sodium	152mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days