



# 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.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Shiraz

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## Ingredients & Prep

|       |                                                  |
|-------|--------------------------------------------------|
| 1kg   | Baby Potatoes<br><i>rinse &amp; halve</i>        |
| 40g   | Sunflower Seeds                                  |
| 80g   | Salad Leaves<br><i>rinse &amp; roughly shred</i> |
| 10g   | Fresh Chives<br><i>rinse &amp; finely chop</i>   |
| 200ml | Mayo                                             |
| 600g  | Beef Schnitzel (without crumb)                   |
| 20ml  | 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, 30-35 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. You may need to do this step in batches.

**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