



UCOOK

Portuguese Beef Prego Roll

with corn on the cob & yoghurt slaw

These Portuguese rolls are packed full of flavour: a perfectly seared marinated beef schnitzel sits on top of a crisped-up bread base, topped with sweet, caramelised onions and finger-licking prego sauce. Finished with a side of charred corn on the cob and a creamy slaw. Get the napkins ready!


Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Fan Faves

 Waterford Estate | Waterford OVP Chenin Blanc 2020

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Ingredients & Prep

150g	Free-range Beef Schnitzel (without crumb)
10ml	NOMU Spanish Rub
1	Onion <i>½ peeled & finely sliced</i>
1	Garlic Clove <i>peeled & grated</i>
1	Corn on the Cob <i>silks removed</i>
100g	Cabbage <i>½ finely sliced</i>
40ml	Low Fat Plain Yoghurt
4g	Fresh Chives <i>rinsed & finely chopped</i>
10g	Sunflower Seeds
1	Portuguese Roll
50ml	Prego Sauce

From Your Kitchen

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

1. READY, SET, PRE-GO! Pat the schnitzel dry with paper towel. Place in a bowl with a drizzle of oil, the rub, and seasoning. Set aside to marinate. Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, add the sliced onion and fry for 7-9 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste). In the final minute, add the grated garlic. Remove from the heat and cover to keep warm.

2. POP THE COB ON THE HOB While the onions are frying, place a pan, with a lid, over high heat. Add a drizzle of oil and a splash of water just to cover the base. Once simmering, place the corn on the cob in the pan and pop on the lid. Cook for 6-7 minutes until most of the water has evaporated. Remove the lid, add a knob of butter, and fry for 2 minutes until golden, turning as it colours. Set aside to cool.

3. CREAMY CHIVES AND CABBAGE In a bowl, combine the sliced cabbage, the yoghurt, ½ the chopped chives, the sunflower seeds, seasoning and a sweetener of choice (to taste). Set aside for serving.

4. HEAR THAT SCHNITTY SIZZLE Return the pan to a high heat with a drizzle of oil. When hot, pan-fry the marinated schnitzel for 30-60 seconds per side until golden and cooked through. In the final minute, use a knob of butter to baste the schnitzel. Remove from the pan and season.

5. ROLL WITH IT Halve the Portuguese roll and spread butter over the cut-side or brush with oil. Return the pan, wiped down, to a medium heat. When hot, add the halved bun, cut-side down, and toast for 1-2 minutes until crisp.

6. IT'S PREGO PERFECTION Load up the toasty rolls with the beef schnitzel & caramelised onions, and drizzle over the prego sauce. Side with the charred corn and the yoghurt slaw. Garnish with the remaining chives. Cheers, Chef!



Chef's Tip

If you would like to toast the sunflower seeds, place them in a pan over medium heat. Toast for 2-4 minutes until lightly browned. Remove from the pan and set aside to cool.

Nutritional Information

Per 100g

Energy	478kj
Energy	115kcal
Protein	8.4g
Carbs	15g
of which sugars	3.7g
Fibre	1.5g
Fat	2g
of which saturated	0.5g
Sodium	203mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Soy

Cook
within
4 Days