



UCOOK

German Beef Dinner

with crispy ciabatta slices

Germans are world renowned for their talent to make tasty schnitzels. Like with this sensational stew, made with thin beef schnitzel slices embraced by a rich tomato passata & vegetable stock. Add flavours of garlic, crème fraîche & cheddar, plus crispy ciabatta to scoop up the goodness, and you're sorted for the season, Chef!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Suné van Zyl

Fan Faves

Laborie Estate | Laborie Merlot 2021

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Ingredients & Prep

150g	Free-range Beef Schnitzel (without crumb)
1	Onion <i>peel & finely slice ½</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
10ml	Spicy Herb Rub <i>(5ml Dried Oregano, 4ml NOMU Italian Rub & 1ml Cayenne Pepper)</i>
1	Garlic Clove <i>peel & grate</i>
100ml	Tomato Passata
5ml	Vegetable Stock
40ml	Crème Fraîche
30g	Cheddar Cheese <i>grate</i>
1	Ciabatta Roll

From Your Kitchen

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

1. SEAR THE SCHNITZEL Boil the kettle. 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, 30-60 seconds per side. Remove from the pan, season, and thinly slice.

2. TOMATO & VEG SAUCE Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion and peppers until soft, 4-5 minutes. Add the spicy rub and the grated garlic, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, the vegetable stock, and 150ml of water. Simmer until the sauce has reduced, 12-15 minutes. Remove from the heat, mix through a sweetener (to taste), the crème fraîche, the beef slices, and seasoning. Sprinkle over the grated cheese and cover until melted.

3. GOLDEN CIABATTA Slice the ciabatta square into 2-3cm thin slices. Spread butter (optional) or oil over the slices. Place a pan over medium heat. When hot, toast the ciabatta slices until golden, 1-2 minutes per side.

4. GUTEN APPETIT! Bowl up the creamy beef and veg sauce. Serve the crispy bread slices alongside, ready to scoop and eat.

Nutritional Information

Per 100g

Energy	445kj
Energy	106kcal
Protein	7.1g
Carbs	10g
of which sugars	2.8g
Fibre	1.6g
Fat	3.8g
of which saturated	1.9g
Sodium	170mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
4 Days