



# UCCOOK

## Rosemary Beef Schnitzel

with mashed potato & a side salad

Juicy beef schnitzel is pan-fried until golden and infused with fragrant rosemary & butter. Served alongside buttery mashed potato and a fresh salad of leaves & carrot ribbons tossed in a lemon dressing. Topped off with a sprinkle of sunflower seeds. It's sure to be satisfying!

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Rhea Hsu

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 **\*NEW Simple & Save**

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 Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

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## Ingredients & Prep

200g	Potato <i>peeled &amp; cut into bite-sized pieces</i>
3g	Fresh Rosemary
20g	Salad Leaves
120g	Carrot
150g	Beef Schnitzel (without crumb)
10ml	Lemon Juice
10g	Sunflower Seeds

## From Your Kitchen

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

**1. MISH MASH** Place the potato pieces into a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter and a splash of water or milk. Mash with a fork, season, and cover.

**2. PREP STEP** Rinse the rosemary. Rinse and roughly shred the salad leaves. Rinse and peel ½ the carrot into ribbons.

**3. SCHNITZEL OF DREAMS** Place a pan over a medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, fry the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, add the rosemary sprigs and baste in a knob of butter. Remove from the pan, reserving any pan juices, and season.

**4. TOUCH OF FRESHNESS** In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the shredded leaves, the carrot ribbons, and ½ the sunflower seeds.

**5. DINNER IS SERVED** Plate up the seared schnitzel and drizzle over any pan juices. Side with the buttery mash and the dressed salad. Sprinkle over the remaining sunflower seeds. Enjoy, Chef!



## Chef's Tip

Toast the sunflower seeds in a pan over a medium heat until golden brown, 2-3 minutes (shifting occasionally).

## Nutritional Information

Per 100g

Energy	374kJ
Energy	89kcal
Protein	8.6g
Carbs	10g
of which sugars	1.6g
Fibre	1.9g
Fat	1.8g
of which saturated	0.4g
Sodium	23mg

## Allergens

Dairy

Cook  
within  
4 Days