



UCOOK

Beef Schnitzel & Herby Mushroom Gravy

with creamy mash & cucumber salad

You'll work up a great appetite while making this German-inspired dish, as enticing aromas of fried mushrooms covered in a rich beef stock gravy fill the air. Served with a browned beef schnitzel, a generous serving of potato mash and a side salad of greens, sweet piquant peppers & cucumber drizzled with balsamic vinegar. Guten appetit, Chef!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Suné van Zyl

Fan Faves

Painted Wolf Wines | The Pack Darius
Carignan

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Ingredients & Prep

200g	Potato <i>rinse & cut into bite-sized pieces</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Piquanté Peppers <i>drain</i>
50g	Cucumber <i>rinse & cut into half-moons</i>
5ml	Balsamic Vinegar
150g	Beef Schnitzel
1	Onion <i>peel & finely dice ½</i>
1	Garlic Clove <i>peel & grate</i>
100g	Button Mushrooms <i>wipe clean & roughly slice</i>
15ml	Cake Flour
5ml	Beef Stock
3g	Fresh Thyme <i>rinse & pick</i>

From Your Kitchen

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

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

2. STOCK & SALAD Boil the kettle. Dilute the stock with 80ml of boiling water. Set aside. In a salad bowl, combine the shredded salad leaves, the drained peppers, the cucumber half-moons, the vinegar, a drizzle of olive oil, and seasoning. Set aside.

3. SEAR THE 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. Remove from the pan and season.

4. FRY Place a pan over medium heat with a drizzle of oil & a knob of butter. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes. Add the sliced mushrooms until golden, 5-6 minutes (shifting occasionally).

5. SAUCE Once the mushrooms are cooked, add a knob of butter and the flour. Cook the flour out for 2-3 minutes (stirring continuously). Pour in the diluted stock and the picked thyme. Simmer until starting to thicken, 5-8 minutes. If the sauce is too thick for your liking, add a splash of water. Remove from the heat, add a sweetener (to taste), and season.

6. MMMUSHROOM GRAVY SCHNITTY Plate up the creamy mash. Side with the browned schnitzel and the fresh salad. Drizzle the mushroom gravy over the schnitzel. Delicious, Chef!

Nutritional Information

Per 100g

Energy	304kJ
Energy	73kcal
Protein	6.6g
Carbs	9g
of which sugars	2.2g
Fibre	1.5g
Fat	0.7g
of which saturated	0.2g
Sodium	33mg

Allergens

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

Eat
Within
3 Days