



UCOOK

Crumbed Beef Schnitzel

with sun-dried tomato cottage cheese & a loaded salad

This crunchy beef schnitzel is crispy and juicy with a flavourful pea-crusted breading. Served with gem squash & a nut salad adorned with creamy feta crumbles. Sided with a delicious sun-dried tomato cottage cheese. Creamy crunchy heaven!

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jewell Willemborg

Carb Conscious

Stettyn Wines | Stettyn Family Range Merlot 2022

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Ingredients & Prep

| | |
|-------|--|
| 3 | Gem Squash <i>rinse, halve & deseed</i> |
| 60g | Sun-dried Tomatoes |
| 90ml | Low Fat Cottage Cheese |
| 15g | Almonds <i>roughly chop</i> |
| 300ml | Pea Crumb |
| 450g | Free-range Beef Schnitzel (without crumb) |
| 60g | Green Leaves <i>rinse</i> |
| 30ml | Lemon Juice |
| 90g | Danish-style Feta <i>drain</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel
Butter

1. ROASTED GEMS Preheat the oven to 200°C. Place the de-seeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until soft, 30-35 minutes. At the halfway mark, pop a small knob of butter into each half and return to the oven for the remaining time.

2. TOMATO COTTAGE CHEESE Squeeze out the oil from the sun-dried tomatoes and finely chop $\frac{1}{4}$. Roughly chop the remaining amount. Place the finely chopped tomato into a small bowl. Combine with the cottage cheese, a splash of water, and seasoning. Set aside.

3. TOASTED ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CRUMB IT UP Whisk 2 eggs in a shallow dish with a tsp of water. Prepare another shallow dish containing the pea crumb and seasoning. Pat the beef schnitzel dry with paper towel. Coat the beef schnitzel in the egg and then in the pea crumb. Repeat with each schnitzel. Return the pan to medium-high heat with enough oil to cover the base. When hot, fry the schnitzel for 1-2 minutes per side until golden and cooked through. You may need to do this in batches and change the oil between batches. Remove from the pan, season, and drain on paper towel.

5. LOADED SALAD Once the gem squash are done, place the rinsed leaves into a bowl. Add the lemon juice (to taste), the remaining chopped sun-dried tomatoes, $\frac{1}{2}$ the toasted nuts and crumble in the drained feta. Toss together with a drizzle of olive oil and seasoning. Set aside.

6. GRAB THE PLATES! Serve up the crisp crumbed schnitty alongside the roasted gem squash and the loaded tomato salad. Garnish with the remaining toasted nuts and serve the cottage cheese on the side. Yum, Chef!



Chef's Tip

Air fryer method: Coat the gem squash halves in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 509kJ |
| Energy | 122kcal |
| Protein | 12.2g |
| Carbs | 10g |
| of which sugars | 1.6g |
| Fibre | 2.1g |
| Fat | 7.6g |
| of which saturated | 3.1g |
| Sodium | 104mg |

Allergens

Egg, Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days