



UCCOOK

Beef Parmigiana & Roasted Sweet Potatoes

with a fresh bell pepper salad

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Sophie Germanier Organic | Sophie Germanier Pinotage Organic

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 387kJ | 3706kJ |
| Energy | 93kcal | 887kcal |
| Protein | 6.3g | 59.9g |
| Carbs | 12g | 111g |
| of which sugars | 3.5g | 33.7g |
| Fibre | 1.6g | 15.1g |
| Fat | 2g | 18.7g |
| of which saturated | 1g | 9.6g |
| Sodium | 108mg | 1028mg |

Allergens: Cow's Milk, Egg, Gluten, Allium, Sesame, Wheat, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 250g | 500g | Sweet Potato <i>peel (optional) & cut into skinny, 5mm thick chips</i> |
| 5ml | 10ml | NOMU Italian Rub |
| 30ml | 60ml | Cake Flour |
| 100ml | 200ml | Panko Breadcrumbs |
| 150g | 300g | Beef Schnitzel (without crumb) |
| 20g | 40g | Green Leaves <i>rinse</i> |
| 1 | 1 | Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i> |
| 5ml | 10ml | Old Stone Mill Salad Sprinkle |
| 10ml | 20ml | Lemon Juice |
| 1 | 1 | Onion <i>peel & finely slice</i> |
| 20ml | 40ml | Tomato Paste |
| 50g | 100g | Grated Mozzarella & Cheddar Cheese |

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Egg/s
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. START THE SWEET POTATO CHIPS Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. COAT & CRUMB Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the NOMU rub, and the flour (seasoned lightly), and one containing the crumb. Coat the schnitzels in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Repeat this step with each schnitzel. Place in the fridge to rest.

3. ZESTY GREEN SALAD In a bowl, combine the green leaves, the pepper, the salad sprinkle, and the lemon juice (to taste). Season and set aside.

4. TANGY TOMATO SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the tomato paste and fry until fragrant, 2-3 minutes. Add 100ml [200ml] of water. Simmer until thickening, 5-6 minutes. Add a sweetener (to taste), and season.

5. MMMELTED CHEESE TOPPING Place a pan (with a lid) over high heat with enough oil to cover the base. When hot, fry the crumbed schnitzels until browned, 30-60 seconds. Remove from the pan, drain on paper towel, and season. Place the schnitzel on a roasting tray, top with the saucy tomato paste mixture, and sprinkle over the cheese. Pop in the oven and roast until the cheese is melted, 3-5 minutes.

6. DINNER'S READY! Plate up the beef parm, side with the salad, and the sweet potato chips.

Chef's Tip Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.