



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: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jewell Willemborg

Carb Conscious

Stettyn Wines | Stettyn Family Range Merlot 2022

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Ingredients & Prep

1	Gem Squash <i>rinse, halve & deseed</i>
20g	Sun-dried Tomatoes
30ml	Low Fat Cottage Cheese
5g	Almonds <i>roughly chop</i>
100ml	Pea Crumb
150g	Free-range Beef Schnitzel (without crumb)
20g	Green Leaves <i>rinse</i>
10ml	Lemon Juice
30g	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, 25-30 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 1 egg 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. 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. Remove from the pan, season, and drain on paper towel.

5. LOADED SALAD Once the gem squash is 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 schnitzel 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