

# QCOOK

## Beef Ciabatta Roll

with crispy potato fries & creamy mayo

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Waterkloof | Revenant Wild Ferment Syrah

Nutritional Info	Per 100g	Per Portion
Energy	649kJ	3395kJ
Energy	155kcal	812kcal
Protein	9.5g	49.8g
Carbs	17g	90g
of which sugars	2g	10.5g
Fibre	1.7g	9g
Fat	5.5g	28.6g
of which saturated	0.6g	3.1g
Sodium	192mg	1005mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** None

Eat Within 3 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
200g	400g	Potato <i>peel (optional) &amp; cut into thick chips</i>
5ml	10ml	NOMU BBQ Rub
150g	300g	Beef Schnitzel (without crumb)
1	2	Ciabatta Rolls
40ml	80ml	Mayo
20g	40g	Green Leaves <i>rinse &amp; roughly shred</i>
20g	40g	Gherkins <i>drain &amp; slice</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Butter  
Paper Towel

**1. NOM-NOM NOMU FRIES** Preheat the oven to 200°C. Spread the potato fries on a roasting tray. Coat generously in oil, the NOMU rub, 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. SIZZLING SCHNITZ** Place a pan over 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.

**3. ON A ROLL** Halve the ciabatta roll/s, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the roll/s, cut-side down, until golden, 1-2 minutes.

**4. LAYERS OF FLAVOUR** Assemble the roll/s by laying down one side of the toasted roll and smearing over ½ the mayo. Top with the salad leaves, the schnitzel, the gherkins (to taste), and close with the other half of the roll. Cut the roll in half before serving.

**5. WHAT A GREAT BITE!** Serve up the loaded ciabatta roll with the fries alongside and the remaining mayo on the side for dunking.