



U C O O K

— COOKING MADE EASY


GUILT-FREE BEEF SCHNITZEL


with rocket pesto & roast sweet potato

Gluten-free schnitzel? You don't have to ask us twice! With a homemade, crispy crust of cheese and quinoa, toasted almonds, and a pesto-drizzled tomato and rocket salad, this dish is a must.

Prep + Active Time: 25 minutes

Total Cooking Time: 40 minutes

 **Serves:** 2 people

 **Chef:** Samantha Finnegan

 **Health Nut**

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Ingredients

500g	Sweet Potato <i>rinsed & cut into bite-size pieces</i>
20g	Flaked Almonds
80ml	Plain Yoghurt
30ml	Pesto to Princess Rocket
100ml	Red & White Quinoa
80ml	Grated Italian Hard Cheese
40ml	Corn Flour
300g	Beef Schnitzel
200g	Baby Tomatoes <i>quartered</i>
40g	Green Leaves <i>rinsed</i>

From Your Kitchen

Salt & Pepper
Milk (optional)
Eggs
Water
Paper Towel
Oil (cooking, olive or coconut)



CHEF'S TIP

Quinoa is a great higher-protein, higher-fiber alternative to other grains. Plus you get the added benefit of Magnesium and Calcium which helps to produce vital, oxygen-carrying, red blood cells

1. SWEET POTATO ROAST

Preheat the oven to 200°C. Spread out the sweet potato pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

2. TOASTED ALMONDS

Place a pan, large enough for the schnitzels, over a medium heat. When hot, toast the flaked almonds for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. DRESSING

Combine the yoghurt and the rocket pesto in a bowl. Add milk or water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

4. QUINOA CRUST

Mix the quinoa and the grated cheese in a shallow dish. In a second shallow dish, whisk 1 egg with 1 tsp of water. Prepare a third shallow dish containing the corn flour, seasoned lightly. Pat the beef schnitzels dry with some paper towel. Pass a schnitzel through the corn flour, then the egg, then the quinoa mixture. When passing through the quinoa mixture, press it into the meat so it sticks and coats evenly. Dust off excess mixture in between each coating. Repeat this step with the other schnitzel.

5. FRY YOUR SCHNITZELS

Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the schnitzels for 2-3 minutes per side, keeping a close eye on them so the quinoa doesn't burn. Once cooked through and golden, remove from the pan. Set aside to drain on some paper towel for 5 minutes.

6. JUST BEFORE SERVING

Using a salad bowl, toss the rinsed green leaves and quartered baby tomatoes with a drizzle of olive oil and some seasoning.

7. CRUNCH TIME!

Load up some roast sweet potato and a crispy schnitzel. Serve the fresh salad on the side and drizzle over the pesto and yoghurt dressing. Last but not least, garnish with the toasted flaked almonds. You nailed it, Chef!

Nutritional Information

Per 100g

Energy (kJ)	561
Energy (kcal)	134
Protein	9
Carbs	15
of which sugars	3
Fibre	2
Fat	4
of which saturated	1
Salt	0

Cook within: 4 days

Allergens: Egg Dairy Allium Tree Nuts



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