

UCCOOK

Portuguese BBQ Roll

with Green Fields Plant-based chicken-style schnitzel

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Nitída | Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	338kJ	3308kJ
Energy	81kcal	791kcal
Protein	2.9g	28.5g
Carbs	14g	140g
of which sugars	2.6g	25.7g
Fibre	2.7g	26.1g
Fat	1.2g	11.4g
of which saturated	0.1g	1.5g
Sodium	104mg	1017mg

Allergens: Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5g	10g	Sunflower Seeds
40ml	80ml	Lemon Juice
100g	100g	Cabbage <i>rinse & thinly slice ¼ [½]</i>
120g	120g	Carrot <i>rinse, trim & peel into ribbons</i>
1	1	Spring Onion <i>rinse, trim & finely chop</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
1	2	Green Fields Plant-based Chicken-style Schnitzel/s
50ml	100ml	The Sauce Queen Smokey BBQ Sauce
1	2	Portuguese Roll/s <i>halve</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

Butter or Butter Alternative (optional)

1. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. ZESTY SLAW In a bowl, toss together the lemon juice, the cabbage, the carrots, the spring onion, a drizzle of olive oil, and seasoning. Set aside.

3. SWEET ONION Place a pan over medium heat with a drizzle of oil and a knob of vegan butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

4. PAN-FRIED PERFECTION Return the pan to medium-high heat with a drizzle of oil. Fry the schnitzel/s until browned, 2-3 minutes per side. Baste with the BBQ sauce.

5. RAVING ROLLS Place another pan over medium-high heat with a drizzle of oil. When hot, fry the roll/s, cut-side down, until browned, 2-3 minutes.

6. GREAT WORK! Top the bottom half of the roll with the salad leaves, the BBQ schnitzel, and the caramelised onions. Side with the lemony slaw and garnish with the toasted seeds. Cheers, Chef!