



# UCOOK

## Crispy Beef Milanese

**with roasted baby potatoes & sage burnt butter**

Milanese is the Italian way of making a schnitzel – this crumb contains Italian-style cheese to elevate the authentic flavour. Served with golden roasted baby potatoes, fresh salad with balsamic reduction and a drizzle of garlic and sage burnt butter.

---

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person


---

**Chef:** Alex Levett

---

 Fan Faves

---

 Waterford Estate | Waterford OVP Chenin Blanc 2020

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

250g	Baby Potatoes <i>rinsed &amp; halved</i>
20g	Salad Leaves <i>rinsed</i>
30g	Pitted Kalamata Olives <i>drained &amp; roughly chopped</i>
50g	Cucumber <i>cut into half-moons</i>
30ml	Cake Flour
10ml	NOMU Provençal Rub
125ml	Cheesy Crumb <i>(100ml Panko Breadcrumbs &amp; 25ml Grated Italian-style Hard Cheese)</i>
150g	Free-range Beef Schnitzel (without crumb)
1	Garlic Clove <i>peeled &amp; grated</i>
4g	Fresh Sage <i>rinsed, picked &amp; dried</i>
15ml	Balsamic Reduction

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter  
Egg/s

**1. ROAST EM' UP** Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil, and some seasoning. Roast in the hot oven for 25-30 minutes until crispy on the outside and soft on the inside, shifting halfway.

**2. SALAD TIME!** Toss the rinsed leaves, chopped olives and cucumber half-moons with a drizzle of oil and season.

**3. GOLDEN FRY** In a shallow dish whisk 1 egg with 1 tbsp of water. Prepare two more shallow dishes: one containing the flour, the rub, and seasoning and the other containing the cheesy crumb. Coat the beef schnitzel in the flour first, then in the egg, and lastly in the breadcrumbs. When passing through the breadcrumbs, press it into the meat so it sticks and coats evenly. Place a pan over a 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 on completion, drain on paper towel, and season to taste.

**4. FLAVOURED BUTTER** Remove any excess oil from the pan and wipe down. Place the pan on a low heat with 40g of butter, grated garlic, and the sage leaves. Simmer until the butter foams and turns golden. Remove from the heat. Allow to cool slightly before seasoning to taste. Place the cooked schnitzels on a roasting tray and warm in the hot oven for 2-3 minutes before serving.

**5. CRISPY DINNER** Plate up the roasted potatoes, side with the crispy beef milanese, and pour over the sage-garlic butter sauce. Serve with the side salad and drizzle with the balsamic glaze. Enjoy, Chef!



## Chef's Tip

Gently press the bread crumbs onto the schnitzel to coat well.

## Nutritional Information

Per 100g

Energy	557kJ
Energy	133kcal
Protein	9.1g
Carbs	19g
of which sugars	3.7g
Fibre	1.7g
Fat	2.2g
of which saturated	0.8g
Sodium	172mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites

Cook  
within  
4 Days