



UCCOOK

Rosemary Beef Schnitzel

with mashed potato & a side salad

Juicy beef schnitzel is pan-fried until golden and infused with fragrant rosemary & butter. Served alongside buttery mashed potato and a fresh salad of leaves & carrot ribbons tossed in a lemon dressing. Topped off with a sprinkle of sunflower seeds. It's sure to be satisfying!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Rhea Hsu

 ***NEW Simple & Save**

 Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

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Ingredients & Prep

800g	Potato <i>peeled & cut into bite-sized pieces</i>
10g	Fresh Rosemary
80g	Salad Leaves
240g	Carrot
600g	Beef Schnitzel (without crumb)
40ml	Lemon Juice
40g	Sunflower Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel
Butter

1. MISH MASH Place the potato pieces into a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter and a splash of water or milk. Mash with a fork, season, and cover.

2. PREP STEP Rinse the rosemary. Rinse and roughly shred the salad leaves. Rinse and peel the carrot into ribbons.

3. SCHNITZEL OF DREAMS Place a pan over a medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, fry the schnitzel until browned, 30-60 seconds per side. You may need to do this step in batches. In the final 30 seconds, add the rosemary sprigs and baste in a knob of butter. Remove from the pan, reserving any pan juices, and season.

4. TOUCH OF FRESHNESS In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the shredded leaves, the carrot ribbons, and ½ the sunflower seeds.

5. DINNER IS SERVED Plate up the seared schnitzel and drizzle over any pan juices. Side with the buttery mash and the dressed salad. Sprinkle over the remaining sunflower seeds. Enjoy, Chef!



Chef's Tip

Toast the sunflower seeds in a pan over a medium heat until golden brown, 2-3 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	374kj
Energy	89kcal
Protein	8.6g
Carbs	10g
of which sugars	1.6g
Fibre	1.9g
Fat	1.8g
of which saturated	0.4g
Sodium	23mg

Allergens

Dairy

Cook
within
4 Days