

# UCCOOK

## Beef Parmigiana & Roasted Sweet Potatoes

with a fresh bell pepper salad

**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Sophie Germanier Organic | Sophie Germanier Pinotage Organic

Nutritional Info	Per 100g	Per Portion
Energy	387kJ	3706kJ
Energy	93kcal	887kcal
Protein	6.3g	59.9g
Carbs	12g	111g
of which sugars	3.5g	33.7g
Fibre	1.6g	15.1g
Fat	2g	18.7g
of which saturated	1g	9.6g
Sodium	108mg	1028mg

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

**Spice Level:** None

Eat Within 4 Days



## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Sweet Potato <i>peel (optional) &amp; cut into skinny, 5mm thick chips</i>
15ml	20ml	NOMU Italian Rub
90ml	125ml	Cake Flour
300ml	400ml	Panko Breadcrumbs
450g	600g	Beef Schnitzel (without crumb)
60g	80g	Green Leaves <i>rinse</i>
2	2	Bell Peppers <i>rinse, deseed &amp; cut 1½ [2] into strips</i>
15ml	20ml	Old Stone Mill Salad Sprinkle
30ml	40ml	Lemon Juice
1	1	Onion <i>peel &amp; finely slice</i>
60ml	80ml	Tomato Paste
150g	200g	Grated Mozzarella & Cheddar Cheese

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Egg/s  
Sugar/Sweetener/Honey  
Seasoning (salt & pepper)

**1. START THE SWEET POTATO CHIPS** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. COAT & CRUMB** Whisk 2 eggs in a bowl. Prepare two shallow dishes: one containing the NOMU rub, and the flour (seasoned lightly), and one containing the crumb. Coat the schnitzels in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Repeat this step with each schnitzel. Place in the fridge to rest.

**3. ZESTY GREEN SALAD** In a bowl, combine the green leaves, the pepper, the salad sprinkle, and the lemon juice (to taste). Season and set aside.

**4. TANGY TOMATO SAUCE** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Add the tomato paste and fry until fragrant, 2-3 minutes. Add 300ml [400ml] of water. Simmer until thickening, 7-8 minutes. Add a sweetener (to taste), and season.

**5. MMMELTED CHEESE TOPPING** Place a pan (with a lid) over high heat with enough oil to cover the base. When hot, fry the crumbed schnitzels until browned, 30-60 seconds. Remove from the pan, drain on paper towel, and season. You may need to do this step in batches. Place the schnitzel on a roasting tray, top with the saucy tomato paste mixture, and sprinkle over the cheese. Pop in the oven and roast until the cheese is melted, 3-5 minutes.

**6. DINNER'S READY!** Plate up the beef parm, side with the salad, and the sweet potato chips.

**Chef's Tip** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.