



UCOOK

Zesty Beef Al Limone

with orzo & a fresh salad

Orzo pasta is tossed with a lemon & white wine sauce which forms the base for tender beef strips pan-fried in a beautiful sage-butter basting. Garnished with Italian-style hard cheese ribbons and fresh parsley. Sided with a classic baby tomato salad. Molto bene, Chef!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Strandveld | Grenache

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Ingredients & Prep

| | |
|-------|--|
| 100ml | Orzo Pasta |
| 150g | Free-range Beef Schnitzel (without crumb) |
| 50ml | Spiced Flour <i>(40ml Cake Flour & 10ml NOMU Italian Rub)</i> |
| 1 | Lemon <i>½ cut into wedges</i> |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 40ml | White Wine |
| 4g | Fresh Parsley <i>rinsed, picked & roughly chopped</i> |
| 20g | Green Leaves <i>rinsed</i> |
| 80g | Baby Tomatoes <i>halved</i> |
| 20g | Italian-style Hard Cheese <i>peeled into ribbons</i> |

From Your Kitchen

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

1. COOK THE ORZO Boil the kettle. Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 7-10 minutes. Drain and toss through a drizzle of olive oil.

2. BEEF SCHNITZEL While the orzo is on the go, pat the beef schnitzel dry with paper towel and season. Place the spiced flour (lightly seasoned) in a shallow dish. Coat the schnitzel in the spiced flour, dusting off any excess. Place a pan (large enough for the orzo) over medium-high heat with a generous drizzle of oil. When hot, fry the schnitzel until cooked through and golden, 1-2 minutes per side. Add a knob of butter, and a squeeze of lemon juice and fry until crispy, 1-2 minutes. Remove the schnitzel from the pan (reserving the butter and oil in the pan), cover, and rest the schnitzel for 3-5 minutes before slicing.

3. GARLICKY SAUCE Keeping the pan on the heat (with any remaining butter and oil), add the grated garlic. Fry until fragrant, 30-60 seconds (shifting constantly). Add the white wine and leave to reduce until almost all evaporated. Pour in 80ml of boiling water and bring to a simmer until slightly reduced, 2-3 minutes. Add a squeeze of lemon juice and seasoning. Add the cooked orzo, and ½ the chopped parsley. Mix until fully combined.

4. SIMPLE SALAD In a salad bowl, toss the rinsed green leaves and halved baby tomatoes with olive oil, a squeeze of lemon juice and seasoning.

5. ZINGY DINNER IS SERVED Plate up the lemony orzo. Top with the golden schnitzel slices and garnish with the lemon butter pan juices, the hard cheese ribbons and the remaining parsley. Serve the salad on the side. Enjoy, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 700kj |
| Energy | 167kcal |
| Protein | 12.5g |
| Carbs | 21g |
| of which sugars | 1.3g |
| Fibre | 2g |
| Fat | 2.7g |
| of which saturated | 1g |
| Sodium | 129mg |

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within 5
Days