



UCOOK

Beef Schnitzel & Mushie Sauce

with mashed potato & fresh leaves

Panko-crusted beef schnitzel drizzled with a cheesy mushroom sauce and served on a bed of smooth mash potato with a lemony green leaf salad.

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett

 Fan Faves

 Creation Wines | Creation Merlot 2020

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Ingredients & Prep

200g	Potato <i>peeled & cut into bite-sized chunks</i>
125g	Button Mushrooms <i>wiped clean & roughly sliced</i>
40ml	Cake Flour
50ml	Crème Fraîche
100ml	Panko Breadcrumbs
150g	Free-range Beef Schnitzel (without crumb)
20g	Salad Leaves <i>rinsed</i>
4g	Fresh Chives <i>rinsed & finely sliced</i>

From Your Kitchen

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

1. MASH POTATO Place a pot of cold, salted water over a high heat. Add the potato chunks and bring to a boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion and mash with a potato masher or fork until smooth. Then, stir through a knob of butter. Season to taste.

2. MARVELLOUS MUSHROOMS Place a nonstick pan over a medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced mushrooms for 3-5 minutes until soft and golden, shifting as they colour.

3. MUSHIE SAUCE Place a small pot over a medium heat with 10g of butter. Once melted, vigorously mix in 5g of the flour to form the roux. Cook out for 1-2 minutes, stirring constantly. Add the crème fraîche and stir until incorporated. Season to taste with salt, pepper, and a sweetener of choice (optional) and remove from the heat. Add the fried mushrooms and cover to keep warm, whisking in a splash of warm water if it's too thick before serving.

4. CRUMB & FRY SCHNITZEL In a shallow dish, whisk 1 egg with ½ tsp of water. Prepare two more shallow dishes: one containing the remaining flour (seasoned lightly) and the other containing the breadcrumbs. Coat the beef schnitzel in the flour first, then in the egg, and lastly in the breadcrumbs. When passing through the crumb, press it into the meat so it coats evenly. Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the schnitzel for 2-3 minutes per side until golden and cooked through. Remove from the pan on completion, season, and drain on some paper towel.

5. DRESS THE SALAD In a bowl, toss the rinsed salad leaves with a drizzle of olive oil and some seasoning.

6. PLATE Dish up the silky mash potato and golden crispy beef schnitzel. Pour over the mushroom sauce and serve the dressed salad on the side. Garnish with sliced chives. Yummy!



Chef's Tip

Remember to weigh out your flour for the cheese sauce. It gets split between the sauce and the crumbing of the beef schnitzel!

Nutritional Information

Per 100g

Energy	563kJ
Energy	135kcal
Protein	8.7g
Carbs	16g
of which sugars	1.3g
Fibre	1.7g
Fat	4.1g
of which saturated	2.4g
Sodium	34mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within
4 Days