



UCCOOK

Smashed Potatoes & Beef

with Italian-style hard cheese

Hands-on Time: 40 minutes

Overall Time: 65 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info

	Per 100g	Per Portion
Energy	577.5kJ	2697.3kJ
Energy	138.1kcal	645.1kcal
Protein	9.5g	44.2g
Carbs	10.9g	51g
of which sugars	2.2g	10.5g
Fibre	1.2g	5.6g
Fat	5.9g	27.5g
of which saturated	0.9g	4g
Sodium	89.3mg	399.6mg

Allergens: Cow's Milk, Egg, Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Baby Potatoes <i>rinse</i>
15ml	20ml	NOMU Cajun Rub
45ml	60ml	Grated Italian-style Hard Cheese
450g	600g	Beef Schnitzel (without crumb)
15ml	20ml	Dried Oregano
125ml	160ml	Mayo
8g	10g	Fresh Chives <i>rinse & finely slice</i>
30ml	40ml	Lemon Juice

From Your Kitchen

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

1. PARBOIL Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 15-20 minutes. Drain and set aside.

2. SMASHED POTATOES Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Sprinkle over the NOMU rub, cheese, drizzle some oil, and season. Roast in the hot oven until crispy, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

3. BROWN THE BEEF Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel, coat with the oregano, and season. When hot, sear the schnitzel until browned, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter.

4. JUST BEFORE SERVING In a small bowl, combine the mayo, ½ the chives, and lemon juice (to taste). Loosen with water in 5ml increments until a drizzling consistency.

5. DINNER IS READY Dish up the smashed potatoes, side with beef, and drizzle over the chivey-mayo. Garnish with a sprinkle of the remaining chives and dig in, Chef!