



UCOOK

German Beef Schnitzel Dinner

with **crispy ciabatta slices**

Germans have some of the best go-to recipes for sensational stews. Like this one, Chef! Made with thin beef schnitzel slices embraced by a rich tomato passata & vegetable stock. Add flavours of garlic, crème fraîche & cheddar, plus crispy ciabatta to scoop up the goodness, and you're sorted for dinner, Chef.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Suné van Zyl

Fan Faves

Neil Ellis Wines | Neil Ellis Groenekloof Syrah

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300g	Beef Schnitzel (without crumb)
1	Onion <i>peel & finely slice</i>
1	Bell Pepper <i>rinse, deseed & cut into strips</i>
20ml	Spicy Herb Rub <i>(10ml Dried Oregano, 8ml NOMU Italian Rub & 2ml Cayenne Pepper)</i>
1	Garlic Clove <i>peel & grate</i>
200ml	Tomato Passata
10ml	Vegetable Stock
80ml	Crème Fraîche
40g	Cheddar Cheese <i>grate</i>
2	Ciabattini Rolls

From Your Kitchen

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

1. SEAR THE SCHNITZEL Boil the kettle. Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. Remove from the pan, season, and thinly slice.

2. TOMATO & VEG SAUCE Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion and peppers until soft, 4-5 minutes. Add the spicy rub and the grated garlic, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, the vegetable stock, and 300ml of water. Simmer until the sauce has reduced, 12-15 minutes. Remove from the heat, mix through a sweetener (to taste), the crème fraîche, the beef slices, and seasoning. Sprinkle over the grated cheese and cover until melted.

3. GOLDEN CIABATTA Slice the ciabatta squares into 2-3cm thin slices. Spread butter (optional) or oil over the slices. Place a pan over medium heat. When hot, toast the ciabatta slices until golden, 1-2 minutes per side.

4. GUTEN APPETIT! Bowl up the creamy beef and veg sauce. Serve the crispy bread slices alongside, ready to scoop and eat.

Nutritional Information

Per 100g

Energy	431kj
Energy	103kcal
Protein	6.9g
Carbs	11g
of which sugars	2.8g
Fibre	1.6g
Fat	3.4g
of which saturated	1.7g
Sodium	174mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Soy

Eat
Within
4 Days