



UCOOK

Almond & Halloumi Beef Schnitzel

with radish, pickled peppers & sunflower seeds


Mouthwatering beef schnitzels are topped with a crunchy and rich almond-halloumi crumb. Seal this decadent deal with a delicious loaded salad full of pickled peppers for tang and sunflower seeds for crunch, and you have yourself a dinner you'll dream about!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Carb Conscious

 Boschendal | Grande Cuvée Vintage Brut

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

Ingredients & Prep

120g	Carrot <i>peeled (optional) & cut into wedges</i>
50ml	Ground Almonds
80g	Halloumi <i>drained & grated</i>
150g	Free-range Beef Schnitzel (without crumb)
20g	Green Leaves <i>rinsed & roughly shredded</i>
25g	Pickled Bell Peppers <i>drained & roughly chopped</i>
50g	Cucumber <i>cut into half-moons</i>
20g	Radish <i>rinsed & sliced into rounds</i>
10g	Sunflower Seeds
10ml	Rice Wine Vinegar

From Your Kitchen

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

1. CARROT ROAST Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 20-25 minutes until cooked through and crisping up, shifting halfway.

2. IT'S CRUMB TIME! Place a nonstick pan over a medium heat. When hot, add the ground almonds and fry for 2-4 minutes until browned, shifting occasionally. Remove from the pan on completion and place in a bowl. Add the grated halloumi and set aside.

3. BEEF SCHNITTYS Return the pan to a high heat with a drizzle of oil. Pat dry the schnitzel dry with paper towel. When the pan is hot, pan-fry the schnitzel for 30-60 seconds per side until golden and cooked through. Remove from the pan on completion and season.

4. HALLOUMI CRUMB Turn the oven onto the grill setting or the highest temperature. Place the fried schnitzel on a roasting tray and top with the halloumi-almond crumb. Pop in the hot oven and bake for 2-4 minutes until the cheese is golden.

5. TOSS UP In a salad bowl, combine the shredded green leaves, the chopped pickled peppers, the cucumber half-moons, the radish rounds, the sunflower seeds, the red wine vinegar, a drizzle of oil, and some seasoning.

6. DINNER IS SERVED! Plate up the halloumi-crumbed schnitzel alongside the roasted carrot wedges. Side with the salad. Wow, Chef!

Nutritional Information

Per 100g

Energy	631kJ
Energy	151Kcal
Protein	12.6g
Carbs	4g
of which sugars	2.5g
Fibre	2.4g
Fat	8.7g
of which saturated	4.1g
Sodium	182mg

Allergens

Dairy, Sulphites, Tree Nuts

Cook
within
4 Days