

# QCOOK

## German-Style Beef Rouladen

with crispy bacon, sauerkraut & creamy polenta

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Nitída | Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	666kJ	3520kJ
Energy	159kcal	842kcal
Protein	10.6g	55.9g
Carbs	10g	54g
of which sugars	2.1g	11.2g
Fibre	1.1g	6g
Fat	8.1g	43g
of which saturated	3.6g	19.2g
Sodium	211mg	1115mg

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

**Spice Level:** None

Eat Within 4 Days



## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 strips	4 strips	Streaky Pork Bacon
25g	50g	Sauerkraut
1	1	Spring Onion <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
50ml	100ml	Crème Fraîche
10ml	20ml	Wholegrain Mustard
150g	300g	Beef Schnitzel (without crumb)
50ml	100ml	Polenta
10ml	20ml	Beef Stock Mix <i>(5ml [10ml] Beef Stock &amp; 5ml [10ml] Cornflour)</i>
1	1	Onion <i>peel &amp; finely slice ½ [1]</i>
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Radish <i>rinse &amp; slice into half-moons</i>
10ml	20ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter  
Toothpicks (optional)  
Cling Wrap

- 1. CRISPY BACON** Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan.
- 2. SOME PREP** Roughly chop the bacon. In a bowl, combine the bacon, the sauerkraut, the spring onion whites (to taste),  $\frac{3}{4}$  crème fraîche, and the mustard. Lay the beef out flat on a cutting board, pat dry with paper towel, and season. If they're a bit thick, cover with cling wrap and pummel with a rolling pin or a meat tenderiser to flatten them. Add a tbsp of the bacon mixture at one end of each beef slice. Gently roll up the beef and secure each roll with toothpicks or kitchen twine for the filling to not fall out.
- 3. BEEF ROULADEN** Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). Fry the beef rolls until golden, 3-4 minutes (shifting as they colour). Remove from the pan.
- 4. POLENTA** Bring a pot with 250ml [500ml] of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 5-6 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter, the remaining crème fraîche, and seasoning. Loosen with a splash of warm water if it's too thick just before serving.
- 5. BEEF GRAVY & ROLLS** While the polenta is on the go, combine the beef stock mix with 100ml [200ml] of water. Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft, 3-4 minutes. Mix in the beef stock mixture and add the beef rolls and simmer until warmed through and the gravy has thickened, 3-4 minutes, turning occasionally. Remove from the pan. Remove the toothpicks/twine and gently slice into thick rounds.
- 6. JUST BEFORE SERVING** In a salad bowl, combine the green leaves, the radish, the lemon juice (to taste), a drizzle of olive oil, and season.
- 7. TIME TO DINE** Dish up the polenta, top with the beef rolls, and spoon over the gravy. Garnish with the spring onion greens and serve alongside the crisp salad. Well done, Chef!

**Chef's Tip** Polenta thickens as it cools. Keep it warm or stir in a bit of hot water or milk to loosen before serving.