

# UCOOK

## Beef Schnitzel & Roasted Cauli

with a creamy cheese sauce

Having an easy and delicious cheese sauce recipe in your Chef's pocket is always handy. Made with a homemade roux, this delectable liquid will be poured over oven roasted cauliflower & onions, sided with juicy beef slices. A simple green salad with sunflower seeds adds crunch and freshness.

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**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People


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**Chef:** Kate Gomba

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Carb Conscious

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 Bertha Wines | Bertha Shiraz 2021

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## Ingredients & Prep

600g	Cauliflower Florets <i>rinse &amp; cut into bite-sized pieces</i>
2	Onions <i>peel &amp; cut into thick wedges</i>
30g	Sunflower Seeds
450g	Free-range Beef Schnitzel (without crumb)
15ml	NOMU Provençal Rub
60ml	Cornflour
300ml	Low Fat UHT Milk
90g	Cheddar Cheese <i>grate</i>
60g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the cauliflower pieces and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 20-25 minutes (shifting halfway).

**2. TOAST** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SCHNITTY** Return the pan to 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. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season. You may need to do this step in batches.

**4. CHEESE SAUCE** Place a small pot over medium heat with 30g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, loosen with a splash of water, and add the grated cheese. Stir until melted, season, and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

**5. SALAD LEAVES** In a bowl, combine the shredded salad leaves, the sunflower seeds, a drizzle of olive oil, and seasoning.

**6. TIME TO EAT** Plate up the roast, side with the beef schnitzel, and drizzle over the cheese sauce. Serve the salad leaves on the side and enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the cauliflower pieces and the onion wedges in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	393kj
Energy	94kcal
Protein	8.9g
Carbs	6g
of which sugars	2.5g
Fibre	1.1g
Fat	3.7g
of which saturated	1.6g
Sodium	66mg

## Allergens

Allium, Cow's Milk

Eat  
Within  
3 Days