



# UCOOK

## Quinoa-Crusted Beef Schnitty

**with sweet potato wedges, Kalamata olives & crispy capers**

A guilt-free schnitzel with a gluten-free crumb? There's no resisting that! On the crunchy side of things, you've not only got a crust of organic quinoa flakes, but a luxurious sauce of burnt butter and crispy fried capers. Ravishing!

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Samantha Finnegan

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 **Easy Peasy**

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## Ingredients & Prep

250g	Sweet Potato <i>rinsed &amp; cut into wedges</i>
100ml	BIO XXI Organic Quinoa Flakes
7,5ml	NOMU Provençal Rub
30ml	Tapioca Flour
150g	Free-range Beef Schnitzel
20g	Salad Leaves <i>rinsed</i>
25g	Pitted Kalamata Olives <i>drained &amp; sliced into rounds</i>
1	Lemon <i>one half zested &amp; cut into wedges</i>
4g	Fresh Basil <i>rinsed &amp; roughly sliced</i>
10g	Capers <i>drained</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter  
Egg/s

**1. GET THINGS GOING** Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway. Whisk 1 egg in a shallow dish with a tsp of water. In a second shallow dish, combine the quinoa flakes with half of the Provençal Rub. Prepare a third shallow dish containing the tapioca flour, seasoned lightly.

**2. CRUMBS AWAY!** When the wedges reach the halfway mark, coat the schnitzel in the flour first, then in the egg, and lastly in the quinoa flakes, pressing them into the meat so they stick and coat evenly. Dust off any excess in between coatings. Make sure the schnitzel is fully coated in each mixture before moving on to the next. Set aside for frying.

**3. ITALIAN-INSPIRED SALAD** Place the rinsed salad leaves in a bowl with the sliced olives, the lemon zest to taste, and three-quarters of the sliced basil. Toss together with a drizzle of oil, a squeeze of lemon juice, and some seasoning. Set aside for serving.

**4. BURNT BUTTER CAPERS** Place a pan over a medium-high heat with 30g of butter and the remaining Provençal Rub. Stir until the butter begins to foam, then fry the drained capers for 2-3 minutes until they're crispy and the butter is golden brown. Transfer to a bowl (including the sauce) and squeeze in the juice of 1 lemon wedge. Mix to combine and season to taste — go easy, capers are salty!

**5. GET YOUR BEEF CRISPY!** Return the pan to a medium-high heat with enough oil to cover the base. When hot, shallow fry the schnitzel for 2-3 minutes per side until cooked through and golden. Remove from the pan on completion and allow to drain on some paper towel.

**6. FRESH & SATISFYING** Plate up the crispy beef schnitzel and pour over the burnt butter and caper sauce to taste. Dish up some roast sweet potato wedges next to it and serve the Italian-style salad on the side. Garnish with the remaining sliced basil. How easy was that?



## Chef's Tip

To prevent the crumb mixture sticking to your hands instead of the schnitzel, make sure to use one hand to coat in the egg and the other hand to coat in the dry ingredients. If you're finding this tricky, you can rope in a family member or friend to help you!

## Nutritional Information

Per 100g

Energy	574kJ
Energy	137Kcal
Protein	8.8g
Carbs	20g
of which sugars	3.5g
Fibre	2.5g
Fat	2.2g
of which saturated	0.4g
Sodium	192mg

## Allergens

Sulphites

Cook  
within 3  
Days