



UCOOK

Savanna's Beef & Blue Cheese Salad

with fries, dijon mustard dressing & sunflower seeds

Perfectly fried beef strips are tossed with green leaves, baby tomatoes, cucumber half-moons, and toasted sunflower seeds before being adorned with a blue cheese crumble. Sided with smoked paprika potato fries. What a classic!

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Kate Gomba

Fan Faves

Creation Wines | Creation Fine Cape Vintage

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Ingredients & Prep

800g	Potato <i>rinse & cut into 1cm thick fries</i>
10ml	Smoked Paprika
40g	Sunflower Seeds
600g	Free-range Beef Schnitzel (without crumb)
40ml	Dijon Mustard
60ml	Lemon Juice
320g	Baby Tomatoes <i>rinse & cut into quarters</i>
80g	Green Leaves <i>rinse</i>
200g	Cucumber <i>rinse & cut into half-moons</i>
80g	Blue Cheese

From Your Kitchen

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

1. CRISPY FRIES Preheat the oven to 200°C. Rinse the potato fries in cold water and pat dry with paper towel. Spread out on a roasting tray, coat in oil, and season. Roast in the hot oven until cooked through and crisping up, 30-35 minutes (shifting halfway). Toss through the smoked paprika.

2. SUNNY SEEDS 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. FRY THE SCHNITZEL When the fries have 10-15 minutes remaining, 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. Remove from the pan, season, and cut into strips. You may need to do this step in batches.

4. DIJON DRESSING In a small bowl, combine the dijon mustard, the lemon juice (to taste), a drizzle of olive oil, a splash of water, and 40ml of sweetener (to taste). Whisk to emulsify and set aside.

5. LOADED SALAD To a salad bowl, add the quartered tomatoes, the beef strips, the rinsed green leaves, the cucumber half-moons, and the toasted seeds. Season and toss to combine.

6. DINNER IS SERVED Plate up the fries, side with the beef salad and drizzle over the dijon salad dressing. Crumble the blue cheese (to taste) over the salad. Nice one, Chef!



Chef's Tip

Air fryer method: Coat the dried potato fries in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Season with smoked paprika.

Nutritional Information

Per 100g

Energy	404kJ
Energy	97kcal
Protein	8.9g
Carbs	8g
of which sugars	0.9g
Fibre	1.6g
Fat	3.1g
of which saturated	1g
Sodium	87mg

Allergens

Sulphites, Cow's Milk

Eat
Within
4 Days