

Eat Within 3 Days

UCOOK

Crispy Gochujang Schnitzel Ciabatta

with golden potato wedges

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	730kJ	3974kJ
Energy	175kcal	950kcal
Protein	5.2g	28.5g
Carbs	22g	119g
of which sugars	4.9g	26.6g
Fibre	1.9g	10.6g
Fat	7.5g	40.8g
of which saturated	0.5g	2.7g
Sodium	292mg	1589mg

Allergens: Sulphites, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato
8g	10g	Fresh Coriander
60g	80g	Salad Leaves
15ml	20ml	White Sesame Seeds
150ml	200ml	Mayo
90g	120g	Kimchi
3	4	Ciabatta Rolls
3	4	Green Fields Vegan Chicken-style Schnitzels
150ml	200ml	Korean Sauce *(7.5ml [10ml] Sesame Oil, 22.5ml [30ml] Soy Sauce, 30ml [40ml] Gochujang, 45ml [60ml] Tomato Sauce, 45ml [60ml] Chutney)*

From Your Kitchen

Seasoning (salt & pepper)
Water
Plant-based Butter (optional)
Oil (cooking, olive or coconut)

Chef's Tip Gochujang is a Korean fermented chilli paste made from chilli, fermented soybeans and rice. Its combination of sweet, spicy and savoury flavours makes it the perfect match for a crispy schnitzel!