



# UCOOK

## Banging Beef Schnitzel & Fritters

with loaded guacamole & a vibrant fresh salad

Mexican spiced beef schnitzel with golden sweetcorn fritters, topped with loaded guacamole bursting with coriander & diced sun-dried tomato. Served with a simple side salad of leaves and cucumber, this dish is dressed to impress!

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**Hands-On Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Alex Levett

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 Easy Peasy

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 Robertson Winery | Cabernet Sauvignon

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## Ingredients & Prep

100g	Corn
127,5ml	Flour Mix <i>(125ml Cake Flour &amp; 2,5ml Baking Powder)</i>
20ml	NOMU BBQ Rub
50ml	Low Fat Plain Yoghurt
80g	Guacamole
8g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
20g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
300g	Free-range Beef Schnitzel (without crumb)
40g	Salad Leaves <i>rinsed</i>
100g	Cucumber <i>cut into half-moons</i>

## From Your Kitchen

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

**1. LIFE'S BATTER WITH FRITTERS!** Preheat the oven to 100°C. In a small bowl, beat 1 egg. In a large bowl, combine the corn, the flour mix, and ½ the BBQ rub. Pour in the yoghurt, 1 tsp of a sweetener of choice, seasoning, and the beaten egg. Mix until fully combined, thick, and sticky. If the batter is too stiff, loosen with water in 5ml increments until slightly loosened.

**2. GUAC MY WORLD** In a bowl, add the guacamole, ½ the chopped coriander, ½ the chopped sun-dried tomatoes and seasoning. Mix until fully combined.

**3. FRY ME A RIVER** Place a pan over a medium-high heat with enough oil to cover the base. Once hot, scoop 2 tbs of the fritter batter into the hot oil. Flatten slightly and repeat with the remaining batter, leaving a 1cm gap between each fritter. You may need to do this step in batches. Fry for 2-3 minutes per side until golden and cooked through. Remove from the pan and drain on paper towel. Once all the fritters are fried, place on a lightly greased baking tray and pop in the oven to keep warm until serving.

**4. SIGNED, SEARED, DELIVERED** Wipe down the pan and return to a medium-high heat with a drizzle of oil. When hot, fry the schnitzels for 1-2 minutes per side until golden and cooked through. In the final 1-2 minutes, use a knob of butter and the remaining BBQ rub to baste the schnitzel. Remove from the pan on completion and season.

**5. FINAL TOUCHES** In a bowl, combine the rinsed salad leaves, the cucumber half moons, seasoning, the remaining sun-dried tomatoes, and a drizzle of oil. Toss until fully combined.

**6. PLATE THE SNITCH!** Plate up the BBQ beef schnitzel alongside the golden sweetcorn fritters. Dollop on the loaded guacamole. Side with fresh salad and garnish with the remaining coriander. Well done, Chef.



## Chef's Tip

If you have any sweetcorn fritters leftover from dinner, simply reheat and eat for breakfast with eggs!

## Nutritional Information

Per 100g

Energy	566kj
Energy	135Kcal
Protein	11.3g
Carbs	13g
of which sugars	1.8g
Fibre	1.5g
Fat	3.7g
of which saturated	0.9g
Sodium	150.6mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days