



UCCOOK

Beef Schnitzel & Mushie Sauce

with mashed potato & fresh salad leaves

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Alex Levett

Wine Pairing: Muratie Wine Estate | Muratie Mr May Grenache

Nutritional Info

	Per 100g	Per Portion
Energy	421kJ	2538kJ
Energy	101kcal	607kcal
Protein	8.7g	52.2g
Carbs	14g	86g
of which sugars	1.3g	8.1g
Fibre	1.7g	10.1g
Fat	1g	6.1g
of which saturated	0.4g	2.4g
Sodium	31mg	188mg

Allergens: Cow's Milk, Gluten, Allium, Wheat

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Potato <i>rinse & cut into bite-sized pieces</i>
125g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	1	Garlic Clove <i>peel & grate</i>
40ml	80ml	Cake Flour
50ml	100ml	Full Cream UHT Milk
100ml	200ml	Panko Breadcrumbs
150g	300g	Beef Schnitzel (without crumb)
20g	40g	Salad Leaves <i>rinse</i>
3g	5g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Egg/s
Paper Towel
Butter
Seasoning (salt & pepper)
Milk (optional)

1. MASH POTATO Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. MARVELLOUS MUSHROOMS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, add the garlic and fry until fragrant. Remove from the pan and season.

3. MUSHIE SAUCE Place a pan over medium heat with 10g [20g] of butter. Once melted, vigorously whisk in 5g [10g] of the flour to form the roux. Cook out for 1-2 minutes, stirring constantly. Slowly whisk in the milk until the sauce thickens slightly. If the béchamel is too thick for your liking, add an extra splash of water. Add the mushrooms, and seasoning. Cover to keep warm, whisking in a splash of warm water if it's too thick before serving.

4. CRUMBED SCHNITZEL Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the flour (seasoned lightly), and one containing the crumb. Coat the schnitzel in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Repeat this step with each schnitzel. Set aside.

5. FRY THE SCHNITZEL Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed schnitzel until browned, 30-60 seconds per side. Remove from the pan, drain on paper towel, and season.

6. DRESS THE SALAD In a bowl, toss the salad leaves with a drizzle of olive oil and seasoning.

7. PLATE Dish up the silky mash potato and golden crispy beef schnitzel. Pour over the mushroom sauce and serve the dressed salad on the side. Garnish with chives. Yummy!