



# UCOOK

## Beef Schnitzel & Mushie Sauce

with mashed potato & fresh leaves

Panko-crusted beef schnitzel drizzled with a cheesy mushroom sauce and served on a bed of smooth mash potato with a lemony green leaf salad.

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Alex Levett

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 Fan Faves

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 Creation Wines | Creation Merlot 2020

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## Ingredients & Prep

400g	Potato <i>peeled &amp; cut into bite-sized chunks</i>
250g	Button Mushrooms <i>wiped clean &amp; roughly sliced</i>
80ml	Cake Flour
100ml	Crème Fraîche
200ml	Panko Breadcrumbs
300g	Free-range Beef Schnitzel (without crumb)
40g	Salad Leaves <i>rinsed</i>
8g	Fresh Chives <i>rinsed &amp; finely sliced</i>

## From Your Kitchen

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

**1. MASH POTATO** Place a pot of cold, salted water over a high heat. Add the potato chunks and bring to a boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion and mash with a potato masher or fork until smooth. Then, stir through a knob of butter. Season to taste.

**2. MARVELLOUS MUSHROOMS** Place a nonstick pan over a medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced mushrooms for 3-5 minutes until soft and golden, shifting as they colour.

**3. MUSHIE SAUCE** Place a small pot over a medium heat with 20g of butter. Once melted, vigorously mix in 10g of the flour to form the roux. Cook out for 1-2 minutes, stirring constantly. Add the crème fraîche and stir until incorporated. Season to taste with salt, pepper, and a sweetener of choice (optional) and remove from the heat. Add the fried mushrooms and cover to keep warm, whisking in a splash of warm water if it's too thick before serving.

**4. CRUMB & FRY SCHNITZEL** In a shallow dish, whisk 1 egg with ½ tsp of water. Prepare two more shallow dishes: one containing the remaining flour (seasoned lightly) and the other containing the breadcrumbs. Coat one beef schnitzel in the flour first, then in the egg, and lastly in the breadcrumbs. When passing through the crumb, press it into the meat so it coats evenly. Repeat with each schnitzel. Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the schnitzels for 2-3 minutes per side until golden and cooked through. Remove from the pan on completion, season, and drain on some paper towel.

**5. DRESS THE SALAD** In a bowl, toss the rinsed salad leaves with a drizzle of olive oil and some seasoning.

**6. 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 sliced chives. Yummy!



## Chef's Tip

Remember to weigh out your flour for the cheese sauce. It gets split between the sauce and the crumbing of the beef schnitzel!

## Nutritional Information

Per 100g

Energy	563kJ
Energy	135kcal
Protein	8.7g
Carbs	16g
of which sugars	1.3g
Fibre	1.7g
Fat	4.1g
of which saturated	2.4g
Sodium	34mg

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within  
4 Days